



THE  
Accomplisht Ladys  
Delight  
In Preserving Phylick, Beau-  
tifying and Cookery



三

裝

I.

II.

III.

IV.

t  
F  
n  
o

Print



© The Accomplish'd  
**Lady's Delight**

I N

**Preserving, Physick, Beautifying, Cook-  
ery, and Gardening.**

**C O N T A I N I N G,**

- I. The Art of **Preserving** and **Candying** Fruits and Flowers; and making all sorts of **Conserves**, **Syrups**, **Jellies**, and **Pickles**.
- II. The **Physical Cabinet** : Or, Excellent Receipts in *Physick* and *Chyrurgery* ; With *Beautifying Waters*, to add *Loveliness* to the Face and Body. Also some New Receipts relating to the *Female Sex*, with the *True Receipt* for making that Famous Cordial Drink, **Daffy's Elixir Salutis**.
- III. The **Compleat Cook's Guide** : Or, Directions for dressing all sorts of *Flesh*, *Fowl* and *Fish*, both in the *English* and *French Mode* ; with their *Sauces* and *Sallads* : And the making *Pyes*, *Pasties*, *Tarts* and *Custards*, with many of their *Forms* and *Shapes*.
- IV. The **Lady's Diversion in her Garden** : Containing choice *Curiosities* relating to *Plants* and *Flowers* ; with brief directions for the nice Adorning *Balconies*, *Turrets*, and *Windows*, with *Flowers*, or *Greens*, every Month in the Year.

---

**The Ninth Edition Enlarged.**

---

L O N D O N :

Printed and Sold by **Benj. Harris**, at the **Golden  
Boar's-Head**, in *Grace-church-street*, 1706.

Aug 16.75.9 \*

Harvard College Library.

17 Nov. 1892.

Gift of

JOHN BARTLETT,

of Cambridge.

TO ALL

# Ladies and Gentlewomen.

Ladies,

**T**Hough there have been many Books Extant of this kind, yet I think something have been deficient in them all. I have therefore adventur'd to make another, which, I suppose comprehends all the Accomplishments necessary for Ladies, in things of this Nature. For you have here,

1, The Art of Preserving and Candyng all Fruits and Flowers; as also of making Conserve, both Wet and Dry; and also the preparing of all sorts of Syrups, Jellies and Pickles.

2, Here are some Excellent Receipts in Physick and Chyrurgery, for Curing most Diseases incident to the Body: Together with some Rare Beautifying Waters, Oyls, Oynments and Powders, for Adorning the Face and Body, and to cleanse it from all Deformities that may render Persons Unlovely.

3, You may have here a Guide to all manner of Cookery, both in the English and French Mode, with the preparing all kind of Salads and Sauces proper thereunto.

4, Direct

4, Directions for making all sorts of Pyes, P  
sties, Tarts and Custards, with the Form and Sha  
of many of them, to help your Practice; with Bil  
of Fare upon all Occasions.

5ly, and Lastly, The Lady's Diversion in h  
Garden. Containing, A handful of Choice an  
Novel Curiosities and Observations, relating  
Plants and Flowers. Together, with brief Dir  
ctions for the Nice Adorning Balconies, Turret  
and Windows, with Flowers or Greens every Mon  
in the Year. So that in the whole, I hope it ma  
deserve the Title of the Accomplish'd Ladies De  
light, and may Acquire Acceptance at your Fa  
Hands, whereby you will very much Encourag  
and Oblige,

Ladies,

Your very Humble Servant,

And Admirer,

N. D

Th

*The Art of Preserving and Candying Fruits  
and Flowers, as also of making all sorts of  
Conservees, Syrups and Jellies.*

*1. To make Quince Cakes.*

**B**AKE your Quinces in an Oven with some of their own Juice, their Cores being cut and bruised and put to them, then weigh some of this Juice with some of the Quinces cut into small pieces, with their weight in sugar, and with the Quinces some quantity of the Juice of Barberries, take the clearest Syrup, and let it stand on the Coals 2 or 3 hours, let them boyl a little on the Fire, Candy the rest of the Sugar very hard, and put them together, stirring it while it is cold, and put it into Glasses.

*2. To make Conserve of Barberries.*

When the Stalks are pickt off, boyl them in ~~Red~~ Water till they swell and be very soft, then bruise them in a Mortar, strain them, and boyl them by themselves, then take for every pound of them two pound of Sugar, and boyl them together, but not too long, for then it will Rope.

*3. To make Conserve of Roses.*

Take the Buds of red Roses, and slip away the white ends, then slip the rest of the Roses as small as you can, and beat them fine in a Marble Mortar; and put to every pound of Roses three pound and half of Sugar, then put it up in a Gally-pot, and set it in the Sun for a Fortnight.

*4. To make Cinamon-Water.*

Take a quart of White-wine, a quart of Rose-water, a pint of Muscadine, half a pound of Cinamon bruised; lay the Cinamon to steep in the Wine 12 hours, stirring them now and then, afterwards put them into an Alembick, and Still them with a gentle Fire, and you may draw off from it 3 pints: But if you will not have it strong, instead of Muscadine put in so much Rose-water or White-wine.



*Preserving, Conserving,**5. To preserve Quinces white.*

Take to every pound a pound and a quarter of Sugar, Clarify the Sugar with the white of an Egg, core your Quinces, but not too much, put this Sugar and Water and Quince being Raw together, and so make them boyl so fast that you can see no Quince; forget not to turn them, take off what Scum you can, keep them boyling thus till they are enough.

*6. To preserve Raspices.*

Take the fairest well-coloured Raspices, and pick off their Stalks very clean, then wash them, before not to bruise them; weigh them, to every pound of Raspices, put 6 Ounces of hard Sugar, 6 Ounces of Sugar-candy, clarify it with half a pint of fair Water, and 4 Ounces of Juice of Raspices, being Clarified, boyl it to a weak Syrup, then put in your Raspices, stirring them, and let them boyl till they are enough.

*7. To make Mackrooms.*

Take Almonds, blanch them, beat them in a Mortar, with serced Sugar mingled therewith, with the white of Egg and Rose-water, then beat them altogether till they are as thick as Fritters, then drop it on your Wafers and bake it.

*8. To preserve Cherries.*

Take some of the worst Cherries and boyl them in fair Water, and when the Liquor is well coloured strain it, then take some of the best Cherries you can get, with their weight in beaten Sugar, then lay one laying of Sugar and another of Cherries, till all are laid in the Preserving-pan; then pour a little of the Liquor of the worst Cherries into it, boyl your Cherries till they be well coloured, then take them up, and boyl the Syrup till it will button on the side of the Dish, and when they are cold, put them up in a Glass covered close with Paper, until you use them.

*9. To make Conserve of Oranges, Lemons, Pippins.*

Boyl any of these Fruits, as you would do to make Paste thereof, and when it is ready to fashion upon the Pye-plate, then put it into your Gally-pots, and never dry



## *and Candying.*

dry it ; and this is all the Difference betwixt Conserve and Paste, and this serves for all hard Fruits, as Pippins, Oranges and Lemons.

### *10. To make Sybals.*

Take fine Flower dry'd, and as much Sugar as Flower, then take as much whites of Eggs as will make it Paste ; put in a little Rose-water, with a quantity of Coriander-seed and Anniseed, then mold it up in the fashion you will bake it in.

### *11. To make Syrup of Clove-gilly-flowers.*

Take a pound of Clove-gilly-flowers, the Whites being cut off, infuse them a whole Night in a quart of fair Water, then with 4 pound of Sugar dissolved in it make it into a Syrup without boyling.

### *12. To make Syrup of Violets.*

Take of Violet-flowers fresh, and pick a pound, put them into clear Water boyling a quart, shut them up close together in a new Glazed Pot a whole day, the preis them hard out, and in two pound of the Liquor dissolve 4 pound and 3 ounces of white Sugar, take away the scum, and make it into a syrup without boiling.

### *13. To make Marmalade of Quinces.*

Take a Bottle of Water, and 4 pound of Sugar, let them boyl together, when they boyl scum them clean, take the whites of 3 or 4 Eggs and beat them to froth, put the froth into the Pan to make the scum rise, scum it clean ; take off the Kettle, and put in the Quinces and stir them ; when boyled enough put them into boxes.

### *14. To make Hippocras.*

Take a Gallon of White-wine, 2 pound of Sugar ; and of Cinamon, Ginger, Long-pepper, Mace not bruised, Grains, Galingal, Cloves not bruised, of each two Penny-worth ; bruise every Spice a little, and put them together in an Earthen Pot for a day, then cast them through your Bags 2 or 3 times as you see cause, and so drink it.

### *15. To make Almond-Butter.*

Take your Almonds and blanch them, and beat them in a Mortar very small ; and in beating put a little Water.

## *Preserving, Conſerving,*

Water, when they are beaten pour in water into two Pots, put half into one and half into the other, put Sugar to them, and ſtir them, let them boyl a good while; ſtrain it and ſo diſh it up.

### *16. To preſerve Quinces red.*

Pare your Quinces and core them; take as much Sugar as they weigh, put to every pound of ſugar a quart of water, boyl your Quinces very leiſurely cloſe covered, turn them to keep them from ſpotting when they are very tender and well coloured, boyl the Syrup till it will button on a diſh, and ſo put your Syrup to them.

### *17. To pickle Cucumbers.*

Waſh them and dry them in a Cloth, take Water, Vinegar, Salt, Fennel-tops, ſome Dill-tops, and a little Mace, make it ſharp enough to the taſte, boyl it a while, and take it off, and let it ſtand till cold, then put in the Cucumbers, and keep them down cloſe, and within a week they will be fit to eat.

### *18. To Candy Pears, Plumbs, Apricocks, clear as Amber.*

Take your Apricocks or Plumbs, and give every one a cut to the Stone in the Notch, then caſt Sugar on them and bake them in an Oven as hot as for Manchet cloſe ſtopt, let them ſtand half an hour, then lay them one by one upon Glaſs-plates, and ſo dry them: In this manner you may Candy any other Fruit.

### *19. To preſerve Oranges.*

Take a pound of Oranges, and a pound of Sugar, peel the outward Rind and the inward white ſkin off, then take juice of Oranges and put them into it, and boyl them half an hour and take them off.

### *20. To make Oyl of Violets.*

Set the Violets in Sallad-oyl and ſtrain them, then put in other freſh Violets, and let them lye twenty days, then ſtrain them again, and put in other freſh Violets, and let them ſtand all the Year.

### *21. To make Cream of Quinces.*

Take a roaſted Quince, pare it, and cut it into thin ſlices to the Core, boyl it in a pint of Cream with a little whole Ginger, till it taſte of the Quinces to  
your

## *and Candyng.*

your liking, then put in a little Sugar and strain it, and always serve it hot to the Table.

### *22. To make a March Pane.*

Steep 2 pound of pickled Almonds one day and two nights in fair Water, and blanch them out of it, then beat them well in a Mortar, and bedeck them with Rose-water, put to your Almonds so many pound of Sugar, beat it with your Almonds, then make fine crull of Paste, and sprinkle it with Rose-water and Sugar; then spread the Stuff on it, and bake it at a very soft fire, always bedewing it with Damask-water, Civet, and Sugar; and lastly with a gut of Dates gilt, or the Kernels of Pine-apples, and so set it forth.

### *23. To make Almond Milk.*

Boyl French Barly, as you boyl it cast away the Water, till you see the water leave to change Colour, as you put in more fresh water, then put a bundle of Strawberry-leaves, and as much Cullumbine-leaves, and boyl it a good while, then put in beaten Almonds and strain them, and then strain it with Sugar and Rosemary, then strew some Sugar about the the Dish and send it to the Table.

### *24. To preserve Apricocks, Pears or Plumbs, when green.*

Take the fruit and scald them in water, and peel them, scrape the spongy substance off the Apricocks, or Quinces, boyl them very tender, taking their weight in Sugar, and as much water as to cover them, boyl them very leasurely; then take them up and boyl the Syrup till it be thick; and when they are cold put them up with your Syrup into your preserving glasses.

### *25. To pickle French Beans.*

Take your Beans and string them, boyl them tender, take them off, let them stand till they are cold, put them into pickle of Beer Vinegar, Pepper, Salt, Cloves and Mace, with a little Ginger.

### *26. To make an Excellent Jelly.*

Take 3 Gallons of Water, boyl in it a knuckle of Veal, and Calves feet slit in two, with all the fat clean taken from between the Claws, let them boyl to a

## Preserving, Conserving,

very tender Jelly keeping it clean scum'd, and the edge of the pot always wiped with a clean Cloth, that none of the scum may boyl in, strain it from the meat, let it stand all night, the next morning take away the top and the bottom, a quart of this Jelly, half a pint of Sherry Sack, half an Ounce of Cinamon, and as much Sugar as will season it, 6 whites of Eggs well beaten, mingle all these together, then boyl it half an hour, and let it run through your Sag.

### 27. To make *Aqua Mirabilis*.

Take of Cloves, Galinga, Cubebs, Mace, Cardamum, Nutmegs, Ginger, each a dram, juice of Celandine half a pound, Spirit of Wine a pint, White-wine 3 pints, infuse them 24 hours, and draw off a quart with an Alembick.

### 28. Dr. Stevens's Water.

Take of Cinamon, Ginger, Galanga, Cloves, Nutmegs, Grains of Paradise, Seeds of Annis, Fennil, Caraways, of each a dram; Herbs of Time, Mother of Time, Mint, Sage, Penny-royal, Pelitory of the Wall, Rosemary, Flowers of red Roses, Cammomile, Origanum, Lavender, of each one handful; infuse them 12 hours in 12 pints of Gascoign Wine, then with an Alembick draw away 3 pints of the strong.

### 29. To make good Cherry-Wine.

Take the Syrup of Cherries, and when it hath stood awhile bottle it up and tye down the Cork, and in a short time it will be pleasant Wine.

### 30. To make Wafers.

Take a pint of Flower, a little Dram, the yolks of two Eggs, a little Rosewater, with some searced Cinamon and Sugar, work them together, and bake them upon hot Iron.

### 31. To preserve Grapes.

Stamp and strain them, let it settle awhile, before you wet a pound of Sugar or Grapes with the Juice, Rone the Grapes, save the Liquor in the stoning, take them off and put them up.

### 32. To pickle Purslain.

Take Purslain and pick it into little pieces, and put it

it into a Pot or Barrel, take a little Water, Vinegar, and Salt, to your taste, it must be pretty strong of the Vinegar and Salt, and a little Mace, and boyl all these together; and pour this Liquor boyling hot into the Purslain, and when it is cold tye it close down, and in a Week or two it is fit to eat.

33. *To preserve Green Walnuts.*

Boyl your Walnuts till the Water taste bitter, then take them off and put them in cold Water, and peel off the Bark, and weigh as much Sugar as they weigh, and a little more Water than will wet the Sugar, set them on the fire, and when they boyl up take them off, and let them stand two days, and then boyl them again once more.

34. *To preserve Currants.*

Part them in the tops, and lay a laying of Currants and a laying of Sugar, and so boyl them as fast as you do Rasberries, do not put them in the Spoon but scum them, boyl them till the Syrup be pretty thick; then take them off, and let them stand till they be cold, and put them in a Glasse.

35. *To make Gooseberry Cakes.*

Pick Gooseberries, and put them in an earthen Pitcher, and set it in a Kettle of Water till they be soft, then put them in a sieve, and let them stand till all the juice be out, and weigh the juice, and as much Sugar as Syrup, first boyl the Sugar to a Candy; and take it off, and put in the juice, and set them in the press till they be dry.

36. *To make excellent Broth.*

Take a Chicken and set it on the fire, and when it boyls scum it, then put in a little Mace, and a very little Oatmeal, and such Herbs as the Party requires, and boyl it well down, and bruise the Chicken and put it in again, and it is good Broth; And to alter it you may put in 6 Prunes and leave out the Herbs, or put them in as you please, and when it is well boyled strain it and season it.



37. *To make Angelets.*

Take a quart of new Milk, and a pint of Cream and put them together in a little Runnel, when it is come well, take it up with a spoon, and put it into the Vate softly, and let it stand 2 days till it be pretty stiff, then slip it out and Salt it a little at both ends, and when you think it is salt enough set it a drying and wipe them, and within a quarter of a year they will be ready to eat.

38. *To make Jelley of Harts-horn.*

Take 4 ounces of shavings of Harts-horn, of the inside, and 2 Ale-quarts of Water, put this in a Pipkin, and boyl it very gently till it come to a quart, the Harts-horn must be steeped 3 or 4 Hours first, afterwards put a little into a Saucer till 'tis cold, and if it jellieth it is boyled enough, then being warm take it off the fire, and strain it hard through a Cloth, and set it a cooling till it be a hard Jelly, then take 2 whites of Eggs, and beat them very well, or with a sprig of Rosemary or Birch, (but not with a spoon) till a Water come in the bottom, then put these beaten Eggs, and the Water thereof into a Skillet, and all the Jelly upon it with 3 spoonfuls of Damask Rose-water, and a quarter of a pound of Sugar, and when it boyls, stir and lay it pretty well, then strain it through a Cloth, and let it cool: And of this take 4 spoonfuls in the morning fasting, and at 4 a Clock in the Afternoon, and this is excellent good for the weaknes of the Back.

39. *To preserve Damsons, Red or Black Plumbs.*

Take their weight in Sugar, and Water enough to make a Syrup to cover them, so boyl them a little therein being close covered, turning them from spotting, let them stand all night in their own Syrup, then set them upon a pot of seething Water, and suffer your Plumbs to boyl no faster than the Water under them, and when they are both sweet and tender take them up, and boyl the Syrup again till they be thick, then put up your Plumbs and it together in your Preserving Glasses.



*and Canaryng.*

40. *To make Rosemary-water.*

Take Rosemary and the flowers in the midst of May before the Sun rise, strip the Leaves and the Flowers from the stalks, take 4 or 5 Elecampane Roots, and a handful or 2 of Sage, and Roots together, till they be very small, then take 3 ounces of Cloves, and so much of Mace, and half a pound of Anniseeds, and beat all these Spices every one by themselves, then take the Herbs and the Spices, and put thereto 4 or 5 Gallons of good White-wine, then put in all these Herbs and Spices and Wine into an earthen pot, and put the pot into the ground about sixteen days, then take it up and distil it with a very soft fire.

41. *To make Pomatum.*

Take fresh Hogs-suet cleansed from the films, and washt in White-wine one pound and as much Sheeps suet washt in White-wine, then take about 16 Pom-water Apples cleansed and boyled in Rose-water; add to these Rose-wood, Sassafras, Roots of Orrice, Florentine, of each 6 drams; of Benzoin, Storax, Calamita, half an ounce of each, and so make it into an Oyntment.

42. *To make Oyl of Sweet Almonds.*

Take dried sweet Almonds as many as you please, beat them small and put them in a hempen Cloth, and without fire by degrees press out the Oyl.

43. *An Excellent Water against Fits of the Mother.*

Take Briony-roots, Elder-berries ripe, drest at a gentle heat in a Furnace, and cleans'd from their stalks, of each 2 Ounces; leaves of Mugwort, Bittany, Featherfew, Nep, Basil, Penny-royal, Rue, Sabine, all dried in the Sun, of each half an ounce; peels of Oranges, the out-side dry'd, an Ounce and half; Myrrh, Castoreum, of each 3 drams; Saffron 1 dram; powder and steep them 8 days in two quarts of the Spirit of Wine; then strain them through a very quick Hair-strainer: Keep the Liquor in a glass very well stopp'd.

44. *To make Syrup of Wormwood.*

Take Roman Wormwood, or Pontick Wormwood half a pound, of red Roses two ounces, Indian Spike 3 drams

*Preserving, Conseruing,*

drams, old White-wine and juice of Quinces, of each two pints and half, bruiſe them in an earthen Veſſel 24 hours, then boyl them till half be waſted, ſtrain it and put to the ſtraining two pound of Sugar, and ſo boyl it to a Syrup.

*45. To make Conſerue of Quinces.*

Take 3 quarts of the juice of Quinces clarified, boyl it till two parts be waſted; then put to it 2 pound of white Sugar, and boyl them to the thickneſs of Honey.

*46. To make Syrup of Poppies.*

Take the heads and ſeeds of white Poppy, and of black, of each 50 drams; Venus-hair 15, Liquorice 5, Jujubes 30, Lettice-ſeed 40 drams; add of the ſeeds of Mallows and Quinces tied up in a fine rag, of each a dram and half; boyl them in 8 pints of Water till half be waſted, ſtrain it, and to 3 pound of Liquor put thereto Perides and Sugar, of each a pound; boyl them to a Syrup.

*47. To make Honey of Roſes.*

Take of white Honey deſpumed, freſh juice of red Roſes a pound, put them into a Skillet, and when they begin to boyl, throw into them freſh red Roſe-leaves picked 4 pound, and boyl them till the juice be waſted, always ſtirring it, then ſtrain it and put it up in an earthen Pot.

*48. To make Syrup of Lemons.*

Take of the juice of Lemons purified by going through a woollen ſtrainer with cruſhing, 3 quarts and a half, and of white Sugar 5 pound, boyl them on a ſoft Fire to a Syrup.

*49. To make Spirit of Wine.*

Take of good Claret, White-wine or Sack, enough to fill the Veſſel wherein you make your Diſtillation to a 3d part, then put on the Head furniſhed with Noſe or Pipe, and ſo make your Diſtillation firſt in Aſhes, drawing about a 3d part from the whole; as for Example, 6 or 8 pints out of 24, then ſtill it again in B. M. drawing another third part, which is two pints, ſo that the oftener you diſtill it, the leſs  
Liquor

Liquor you have, but the more strong; some rectifie it 7 times.

50. *To make Syrup of Maiden-hair.*

Take of the Herb Maiden-hair fresh gathered five Ounces, and cut a little; of the Roots of Liquorice scraped 2 Ounces; steep them 24 hours in a sufficient quantity of hot Water, then boyl them according to Art. Add 4 pound of Sugar to 5 pints of the clarified Liquor, and boyl them to a Syrup.

51. *To make Syrup of Liquorice.*

Take of the Roots of Licorish scraped 2 Ounces, of Colts-foot 4 handfuls, of Maiden hair an Ounce, Hysop half an Ounce; infuse them 24 hours in a sufficient quantity of Water, boyl them till half be wasted, add to the strain'd Liquor a pound of the best clarified Honey, and as much white Sugar, boyl them to a Syrup.

52. *To make King William's Perfume.*

Take 6 spoonfuls of Rose-water, and as much Ambergrease as weigheth two Barley-corns, and as much Civet, with as much Sugar as weigheth two-pence beaten in fine poulder; all these boyled together in a Perfuming-pan, is an excellent Perfume.

53. *The Late Queen's Perfume.*

Take 4 spoonfuls of Spike-water, and 4 spoonfuls of Damask-water, 30 Cloves, and 8 Bay-leaves shred, as much Sugar as weigheth two pence; all these boyled make a good Perlume.

54. *King Edward's Perfume, to make your House smell like Rosemary.*

Take 3 spoonfuls of perfect Rosemary, and as much Sugar as half a Walnut beaten in small poulder; all these boyling together in a Perfuming-pan upon hot Embers, with a few Coals.

55. *To make Conserve of Rosemary.*

Take your Flowers of Rosemary, which you may gather either in March or September, when you have beaten them 10 pap, take three times their weight in Sugar, pound them all together and set them in the Sun, and so use them.

*56. To make Syrup of Cowslips.*

Take the distilled water of Cowslips, and put there-to your flowers of Cowslips clean pickt, and the green knobs in the bottom cut off, and boyl them up into Syrup, take it in Almond Milk, or some other warm thing; it is good against the Palsy and Frenzy, and to procure Sleep for Sick.

*57. To make Marmalade of Lemons and Oranges.*

You may boyl 8 or 9 of either with 3 or 4 Pippins, draw them through a strainer; then take the weight of the pulp altogether in Sugar, and boyl it as Marmalade of Quinces, and box it up.

*58. To make Angelica Water.*

Take a handful of Cardus Benedictus, and dry it, and 3 ounces of Angelica-roots, 1 dram of Myrrh, half an ounce of Nutmegs, Cinamon and Ginger, 4 ounces of each, one dram and half of Saffron, of Cardamons, Cubebs, Galingal, and Pepper, of each a quarter of an Ounce, 2 drams of Mace, one dram of Grains, of Lignum Aloes, Spiknard, *Junius Odoratus*, of each a dram; Sage, Borage, Buglos, Violets, and Rosemary-flowers, of each half a handful, bruise and steep them in a pottle of Sack 12 hours, and distil it as the rest.

*59. To make Quiddany of Cherries.*

When your Cherries are fully ripe, and red to the stone, pull out the stones, and boyl them till they be all broken, then strain them, take the Liquor and boyl it over again, and put as much Sugar to it as you think convenient, and when it is boyled, that you think its thick enough, put it in Boxes.

*60. To dry Cherries.*

Take 6 pound of Cherries and stone them, and take a pound of Sugar and wet it with the juice of the Cherries, boyl it a little, then put in your Cherries, and boyl them till they are clear, let them lye in the Syrup a week, then drain them from the Syrup, and lay them on thin boards to dry in a Stove, turn them twice a day till they are dry, wash off the claminess with warm water, and dry them a little longer.

## 61. To make brown Metheglin.

Take strong Ale-wort, put as much Honey in it as will make it strong enough to bear an Egg, boyl them well together, set it a cooling, when it is almost cold put in some Ale-yeast, then put it in a strong Vessel when it hath done working put a bag of Spices into the Vessel, and Lemon-peel, stop it up close, in a few days it will be fit to drink.

## 62. To Candy Oranges and Lemons after preserved.

Take them out of the Syrup, drain them well, then boyl some Sugar to a Candy height, and lay your Peels in the bottom of a sieve, pour your hot Sugar over them, then dry them in a warm Stove or Oven.

## 63. To preserve Oranges after the Portugal Fashion.

Open your Oranges at the end, take out all the meat then boyl them in several Waters, till a straw may go thro' them, then take their weight and half in fine Sugar, and put to every pound of Sugar a pint of water, boyl it and scum it, put in your Oranges and boyl them a little more, then take them up, and fill them with preserved Pippins, and if you will have them Jelly, make a new Syrup with the water wherein sliced Pippins have been boyled, and some Sugar, and that will be a stiff Jelly.

## 64. To make good Usquebagh.

Take 2 Gallons of Aquavita, 4 Ounces of the best Liquorice bruised, 4 Ounces of Anniseeds bruised, put them into a Glass or stone Vessel, and cover them close, and so let them stand a week, then draw off the clearest with the Molosso's, and keep it in another Vessel, and put in some Dates, Raisins ston'd; keep it close from the Air.

## 65. To make Italian Bisket.

Take serced Sugar, and a little of the white of an Egg, with some Ambergrease and Musk, beat them all to a paste in an Alabaster Morter, mold it into a little Anniseed finely dusted, then make it up in Loaves, and cut them about like Manchet, then bake them in an Oven as hot as for Manchet, and when they are risen  
some



somewhat high upon the Plates, take them forth and remove them not off till cold, for they will be apt to break.

*66. To make French Bisket.*

Take half a peck of flower, with 4 Eggs, half a pint of Ale-yeast, an Ounce and half of Anniseed, a little sweet Cream, and a little cold Water, make all into a Loaf, and fashion it something long, then cut it into thick slices like Toasts, after it hath stood 2 days so, rub them over with powdered Sugar, and lay them in a warm Sun, and so dry them, and Sugar them as you dry them 3 or 4 times, then put them into Boxes for use.

*67. To make Sugar Plates.*

Take serced Sugar, and make it up in a Paste with Gum-Dragon steeped in Rose-water, and when you have brought it into a perfect Paste, roul it as thin as you can, and then print it in molds of what fashion you please, let them dry.

*68. To make Pcmander.*

Take half an Ounce of Benjamin, and as much Storax and Labdanum, with 6 Grains of Musk, and as much Civet, and 2 Grains of Ambergreece, and a dram of sweet Balsam, then roul it up in Beads as big or as little as you please, and whilst hot make holes in them for your use.

*69. To make Conserve of Damsons.*

Take ripe Damsons and put them into scalding Water, and half an hour after set them over the fire till they break, then strain them through a Cullender and let them cool, then strain them through a piece of Canvas from their stones and skins, then set them over the fire again, with a good quantity of red Wine, so boyl it, stirring it till it be thick, and when it is even boyled enough, put in a convenient quantity of Sugar, stir it well together, and put it into your Gally-pots.

*70. To Bake Oranges.*

Peel the Bark off, and boyl them in Rose-water and Sugar till they are tender, then make your Pye, and set them whole in it, and put the Liquor they were boyled



boyled in into the Pye, season it with Sugar, Cinnamon and Ginger.

71. To preserve Peaches.

Take a pound of the fairest and best colour'd Peaches, and with a wet Linnen-cloth wipe off the white Coar of them, then parboyl them in half a pint of White-wine, and a pint and half of running Water, and being parboyl'd peel off the white skin and weigh them; take to your pound of Peaches 3 quarters of a pound of refined Sugar, and dissolve it in a quarter of a pint of White-wine, and boyl it almost to the heighth of a Syrup, then put in your Peaches, and let them boyl in the Syrup a quarter of an hour or more, then put them up and keep them all the Year.

72. To preserve Gooseberries.

Take Gooseberries, Grapes or Barberries, and take somewhat more than their weight in Sugar beaten fine, lay one laying of Fruits and another of Sugar till all are laid in your Preserving-pan, then take 6 spoonfuls of fair Water, and boyl your Fruits therein as fast as you can till they be very clear, then take them up and boyl the Syrup by it self till it be thick; when they are cold put them into Gally-pots.

73. To preserve Angelica-Roots.

Wash the Roots, slice them very thin, and lay them in water 3 or 4 days, change the water every day, then put the Roots into a pot of water and set them in the embers all nights, in the morning put away the water, then take a pound of Roots, 4 pints of water, and 2 pound of Sugar, let it boyl and scum it clean, then put in the Roots, which will be boyled before the Syrup, then take them up and boyl the Syrup after, they will ask a whole days work very softly, at St Andrew's time is the best time to do them in all the Year.

74. To make Syrup of Quinces.

Take of the juice of Quinces clarified 3 quarts, boyl it over a gentle fire till half of it be consumed, scum it, and add to it three pints of Red-wine, with four pound of white Sugar; boyl it to a Syrup, and preserve

fume it with a dram of Cinamon, Cloves, and Ginger of each two Scuples.

*75. To make Walnut-Water.*

Take of green Walnut a pound and a half, Garden Radish-roots one pound, green Asarabacca 6 Ounces, Radish-seeds 4 Ounces; bruise and steep them in 3 pints of White-wine Vinegar for 3 days, then distill them in a leaden Still till dry.

*76. To make Treacle-water.*

Take of the juice of green Walnuts 4 pound, juice of Rue 3 pound, juice of Carduus, Marigolds and Balm of each 2 pound; green Pétasits-roots one pound and half, Roots of Burs 1 pound, Angelica and Masterwort of each half a pound; leaves of Scordium 4 handfulls, old Venice-treacle and Methridate, of each 8 Ounces, Canary 6 quarts, Vinegar 3 quarts, juice of Lemons 1 quart; digest them 2 days either in Horse-dung or Bath, the Vessel being close shut, then distill them in Sand, in which you may make a Theriacal Extraction.

*77. To make Syrup of Cinamon.*

Take of Cinamon grossly bruised 4 Ounces, steep it in White-wine and small Cinamon-water, of each half a pound, 3 days in a glass by a gentle fire, strain it, and with a pound and half of Sugar boyl it to a Syrup. This Syrup refreshes the vital Spirits, and cherisheth the Heart and Stomach, helps digestion, and cherisheth the whole Body exceedingly.

*78. To make Syrup of Citron-peels.*

Take of fresh yellow Citron-peels 5 Ounces, the Berries of Cherms, or the juice of them brought over, 2 drams; spring-water 2 quarts, steep them all night, boyl them till half be consumed, take off the Scum, strain it, and with 2 pound and a half of the whitest Sugar boyl it into a Syrup; let half of it be without Musk, but perfume the other half with 3 grains of Musk tied up in a Bag.

*78. To make Syrup of Harts-horn.*

Take of Harts-horn 3 handfull, Polypodium of the Oak, the Roots of both sorts of Bugloss, barks of the  
Roots

Boots of Capers and Tamaris of each 2 Ounces, Hops, Dodder, Maiden-hair, Balm, of each 2 handfuls, boyl them in 5 quarts of Spring-water till it comes to four, strain it, and with 4 pound of Sugar make it into Syrup according to Art.

80. *An everlasting Oyl Perfume for Gloves.*

Take Benjamin two Ounces, Storax and Calamint, each an Ounce; the 2 first must be finely beaten by themselves; then take a pound of sweet Almonds and mix it with the Storax and Benjamin upon a Marble Stone, then put it into an earthen pot with more oyl, then put in your Cloves powder'd, so let it stand close covered, and when you will perfume a pair of Gloves take a little fair water in a spoon and wipe your Gloves fine with it, take another spoon, and dip it in your Oyl, and rub it on your Gloves, and let them dry.

81. *An excellent Water for a Consumption.*

Take 3 pints of Milk, and one pint of red Wine, 24 yolks of Eggs, beat them very well together, then add so much white-bread as will drink up the Wine, put to it some Cowslip-flowers and distil them. Take a spoonful of this Morning and Evening, in Chicken or Mutton-broth, and for a Month it will cure any Consumption.

82. *To make Barley Water.*

Take a penny-worth of Barley, a penny-worth of Raisins of the Sun, a penny-worth of Anniseeds, an Halfpenny-worth of Liquorish, about 2 quarts of water, boyl all together till half be consum'd, then strain it, when it is cold drink it; your Liquorish must be sliced into small pieces.

83. *Dr. Deodate's Drink for the Scurvy.*

Take Roman Wormwood, *Cardus Benedictus*, Scurvy-grass, Brook-lime, Water-creefes, Watertrifol, of each a handful; Dodder, Cetrach, Scolopendria, Borage, Bugloss, Sorrel, Vervain, or Speedwel, of each half a handful; Elicampane-root one Ounce, Raisins of the Sun 3 Ounces, slices of Oranges and Lemons, of each 15, infuse these in a double Glass with so much White

White-wine as will make a pint and a half of Liquor, when done.

84. *A Conserve to strengthen the Back.*

Take Eringo-roots and Conserve them as you do Damask white and red Roses in every respect, the pith being taken out; a pound and half of Sugar is enough for every pound of Roots, with 3 pints of Water. Stew them closely at first as you do your Roses; you add to them five or six Grains of Ambergreen beaten to fine Powder, it will be much more Cordial.

85. *An excellent Aqua Composita for a Surfeit.*

Take a handful of Rosemary, a Root of Enulacampione, a handful of Hysop, half a handful of Tyme, half handfuls of Sage, as much Mint, and as much Pennyroyal, half a handful of Horehound, 2 Ounces of Licquorice well bruised, and as much Anniseeds, take 2 Gallons of the best strong Ale, and all the Herbs aforesaid, and wring them asunder, and put them into an earthen Pot well covered, and let them stand a day and a night; from thence put it into a Brass pot, and set it on a fire, and let it stand till it boyl, then take it from the fire, and set your Limbeck on the Pot, and stop it close with Paste that there come no Air out of it, and still it out with a soft fire, add to it a little Red Fennel.

86. *To make Balm water.*

Take 4 Gallons of strong stale Ale, half a pound of Liquorish, two pound of Balm, two Ounces of Figs, half a pound of Anniseeds, one Ounce of Nutmegs. Shred the Balm and Figs very small, and let them stand steeping 24 hours, and then put it in a still as you use Aquaviræ.

87. *To pickle Broom buds.*

Take Broom-buds, put them into Linnen-bags, and tye them close, then make some brine with water and salt, and boyl it a little, let it be cold, then put some brine in a deep earthen pot, and put the bags in it, and lay some weight on, let it lie till it look black, boyl them,

Liquor, and put them in Vinegar a Week or two, and they will be fit to eat.

88. *To make good Raspberry-wine.*

Take a Gallon of Sack, in which let two Gallons of Raspberries stand steeping the space of 24 hours, then strain them, and put to the Liquor 3 pound of Raisins of the Sun stoned, let them stand together 4 or 5 days, being sometimes stirred together, then pour off the clearest and put it up in Bottles, and set it in a cold place, if it be not sweet enough you may put Sugar to it.

89. *To make excellent Hippocras in an instant.*

Take of Cinamon 2 Ounces, Nutmegs Ginger, of each half an Ounce, Cloves 2 drams, bruise these small, then mix them with as much Spirit of Wine as will make them into a Paste, let them stand covered in a Glass the space of 6 days, in a cold place, then press out the Liquor and put it in a glass. A few drops of this Liquor put into any Wine giveth it a gallant refreshment and odour, and maketh it as good as any Hippocras whatsoever in an instant.

90. *To make Artificial Malmsey.*

Take 2 Gallons of English Honey, put into it eight Gallons of the best Spring-water, set these in a Vessel over a gentle fire, when they have boyled gently an hour take them off, and when they be cold put them into a small Barrel or Runlet, hanging in the Vessel a Bag of Spices, and set it in the Cellar, and in half a Year you may drink of it.

91. *To make Artificial Claret wine.*

Take 6 Gallons of Water, two Gallons of the best Cyder, put thereto 8 pound of the best Malaga Raisins bruised in a Mortar, let them stand close covered in a warm place the space of a Fortnight, every two days stirring them well together; then press out the Raisins, and put the Liquor into the said Vessel again, to which add a quart of the juice of Raspberries, and a pint of the juice of Black cherries; cover this Liquor with Bread spread thick with strong Mustard, the Mustard



Mustard, the Mustard-seed being downward, and let it work by the fire side 3 or 4 days, then turn it up and let it stand a week, and then bottle it up, and it will taste very pleasant, far better than our Common Claret.

92. *To make Spirit of Ambergreese.*

Take Ambergreese 2 drams, of Musk a dram, cut them small and put them into a pint of Wine, close up the Glass Hermetically, and digest them in a very gentle heat till you perceive they are dissolved, then you may use it; 2 or 3 drops or more if you please of this spirit put into a pint of Wine, gives it a rich Odour, or if you put 2 or 3 drops round the brims of the Glass it will do as well, half a spoonful of it self or mixt with specifical liquor is a rich Cordial.

93. *An Excellent Sweet Water.*

Take a quart of Orange-flower-water, as much Rose-water, 4 Ounces of Musk, Willow-seeds grossly bruised or Benjamin 2 ounces, Storax an ounce, or Labdanum 6 drams, Lavender-flowers 2 pugils, sweet Marjoram as much, *Calamus Aromaticus* a dram; distil all these in a Glass Still in *Balneo*, the Vessel being very well closed that no vapour breathe forth. Note, That you may make a sweet water in an instant, by putting in a few drops of some distilled Oyls together into some Rose-water, and brew them all together.

94. *Dr. Burges's Plague-water.*

Take 3 pints of Muscadine and boyl in it Sage and Rue, of each a handful, till a pint be wasted, strain it, and set it over the fire again, put thereto a dram of Long-pepper; Ginger and Nutmeg, of each half an Ounce; being all bruised together into some Rose-water, brew them all together.

95. *To make Syrup of Hyssop.*

Take of Hyssop 3 handful; Figs, Raisins, Dates, of each an Ounce, boyl these in 3 pints of water to a quart, then strain and clarify it with the whites of 2 Eggs and 3 pound of Sugar, and so boyl them to a Syrup, and being boiled enough keep them all the year



96. *To make Rosa-Solis.*

Take Liquorish 8 Ounces, Anniseeds and Garraway of each an Ounce; Raisins ston'd and Dates of each 3 Ounces; Nutmegs, Ginger, Mace, of each half an Ounce; Galingal a quarter of an Ounce, Cubebs one dram, Figs 2 Ounces, Sugar 4 Ounces, bruise these and distil them with a Gallon of Aquavita, as the rest, when it is distilled, you must colour it with the Herb Rosa-solis, or Alkanet-root.

97. *To make Muscadine Comfits.*

Take half a pound of Musk, Sugar beaten and searced, then take Gumdragant steeped in Rose-water, and 2 grains of Musk, and so beat them in an Alabaſter Mortar till it come to a perfect Paste, then roul it very thin and cut it in small Diamond pieces, and then bake them, and so keep them all the year.

98. *To make Conserve of Burrage-flowers.*

Let your flowers be well coloured, and pick the blacks from them, then weigh them, and to every Ounce of flowers you must take 3 Ounces of Sugar, and beat them together in a stone Mortar with a wooden Pestle till they be very fine, then take them off, and put the Conserve into a Pipkin, and heat it thorough hot, put them up, and keep them a year.

99. *To Candy Ginger.*

Take fair large Ginger and pare it, and lay it in water a day and a night; then take double refined Sugar, and boyl it to the height of Sugar again, and when your Sugar begins to be cold, take your Ginger and stir it well about while your Sugar is hard to the Pan; then take it out piece by piece and lay it by the Fire 4 hours, then take a pot and warm it, and put the Ginger in it, tye it up close, and every other Morning stir it about thoroughly and it will be Rock-canded in a little time.

100. *To make Manus Christi:*

Take half a pound of refined Sugar, and some Rose-water, boyl them together till it come to Sugar, then stir it about till it be somewhat cold, then take Leaf-gold

Gold and mingle with it, then cast it into round Gobbets, and so keep them.

*101. To make Conserue of Pruants.*

Take the best Pruants, put them into scalding Water, let them stand awhile, then boyl them over the Fire till they break, then strain out the Water thro' a Cullender, and let them stand therein to cool, then strain the Pruants thro' the Cullender, taking away the stones and skins, then set the pulp over the fire again, and put thereto a good quantity of Red-wine, and boyl them to a thicknes, still stirring them up and down, when they are almost enough put in a sufficient quantity of Sugar, stir all well together, and then put it up in your Gally-pots.

*102. To make Chrystal Jelly.*

Take a knuckle of Veal and 4 Calves-feet, put them on the fire with a Gallon of fair Water, and when the flesh is boiled tender take them out, then let the Liquor alone till it be cold, then take away the top and bottom of the Liquor, and put the rest in a clean Pipkin, and put into it a pound of refined Sugar, with 4 or 5 drops of Oyl of Cinamon and Nutmegs, and a Grain of Musk, and so let it boyl a quarter of an hour leisurely on the fire, then let it run thro' a Jelly bag into a Bason, with the whites of 2 Eggs beaten, when it is cold cut it into lumps with a Spoon, and so serve 3 or 4 lumps on a Plate.

*103. To make Jelly of Strawberries, Mulberries, &c.*

Take your Berries and grind them in a stone Mortar with 4 Ounces of Sugar, and a quarter of a pint of fair Water, and as much Rose-water, boyl it in a Skillet with a little Ising-glasse, and so let it run thro' a fine Cloth into your Boxes.

*104. To Candy Rosemary flowers.*

Pick your Flowers very clean, and to every Ounce put 2 Ounces of hard Sugar, and one Ounce of Sugar-candy, and dissolve them in Rosemary-flower-water, and boyl them till they come to a Sugar again, when your Sugar is almost cold, put in your Rosemary-flowers,

214. *To preserve Roses or Gilly-flowers whole.*

Dip a Rose that is neither in the bud, nor over-own, in a syrup, consisting of sugar double refined, and rose-water boyled to its full heighth, then open the leaves one by one, with a fine smooth Bodkin, either of bone or wood, then lay them on papers, in the heat, or else dry with a gentle heat, in a close room, heating the room before you set them in, or in an Oven, then put them up in Glasses, and keep them in dry Cup-boards, near the fire.

215. *To make Syrup of Mint.*

Take the juice of sweet Quinces, and between sweet and sour, the juice of Pomegranates sweet, and between sweet and sour, of each a pint and Half, dried Mint half a pound, red Roses 2 ounces, let them lye in steep one day, then boyl it half away, and with 4 pound of sugar boyl it into syrup, according to Art.

216. *To make Honey of Mulberries.*

Take the juice of Mulberries and Black-berries, before they be ripe, gathered before the sun be up, of each a pound and half, Honey 2 pound, boyl them to their due thickness.

217. *To make Syrup of Purslain.*

Take of the seed of Purslain grossly bruised, half a pound, of the juice of Endive clarified and boyled, 2 pints, sugar 2 Pound, vinegar 9 Ounces, infuse the seeds in the juice of Endive 24 Hours, afterwards boyl half a way, with a gentle fire, then strain it, boyl with the sugar, to the consistence of a syrup, adding the Vinegar towards the latter end of the Decoctation.

218. *To make Honey of Raisins.*

Take of Raisins of the Sun cleansed from the stones, 1 Pound, steep them in 6 pints of Warm water, the next day boyl it half away, and press it strongly, then add 2 pints of Honey to the Liquor that is pressed out, and boyl it to a thickness: It is good for a Consumption, and to loosen the Body.

## Preserving, Conserving,

219. To make a Syrup of Comfrey.

Take the roots and tops of Comfrey, the greater and the less, of each 3 handfuls; red Roses, Bettony. Plantain, Burnet, Knot-grass, Scabious, Colts-foot, of each 2 handfuls; press the juice out of them, all being green and bruised; boyl it, scum it, and strain it; add to its weight of sugar, and make it into a syrup according to Art.

220. To pickle Quinces.

Boyl your Quinces in water till they be soft, but not too violently, for fear of breaking 'em, when they are soft take 'em out, and boyl some Quinces pared, quartered and cored, and the paring of the quinces with 'em in the same Liquor, to make it strong; and when they are boyled, that the Liquor is of a sufficient strength take out the quartered quinces and parings, and put the Liquor into a pot big enough to receive all the quinces, both whole and quartered, and put them into it when the Liquor is thorough cold, and keep them for use close covered.

221. To make Plague Water.

Take a pound of Rue, of Rosemary, Sage, Sorrel, Celandine, Mugwort, of the tops of red Brambles, Pimpernel, wild Dragon, Agrimony, Balm, Angelica, of each a pound, put these compounds in a pot, fill it with White-wine above the Herbs, so let it stand 3 days; then distil it for your use in an Alimbeck.

222. To make Clear Cakes of Quinces

Prepare your Quinces and Barberies as before, and then take the clearest Syrup and let it stand on the Coals 2 or 3 hours; then take the weight of it in sugar, and put near half the sugar to the juice, and so let them boyl a little on the fire, and then candy the rest of the sugar very hard, and so put them together stirring it till it be almost cold, and then put it into Glasses.

223. To make all sorts of Comfits, and to cover Seeds, or Fruits, with Sugar.

You must provide a Bason very deep, either of brass or tin, with 2 Ears of Iron, to hang, with a Rope over an Earthen Pan with hot Coals, then provide

## *and Candyng.*

51

broad pan for ashes, and put hot Coals upon them, and another clean bason to melt your sugar in, or a skillet; as also a ladle of brasse, to run the sugar upon the seeds, together with a slice of brasse, to scrape away the sugar from the bason that hangs, if there be occasion; then take some of the best and fairest sugar you can get, and beat it into poulder, cleanse your seeds well, and dry them in the hanging bason, put a quarter of a pound of seeds, whether Anni-seeds or Coriander-seeds, to every 2 pound of sugar. and that will make them big enough; but if you would have them bigger, add the more sugar, which you must melt thus; put 3 pound of sugar into your bason, adding to it one pint of clean running-water; stir it well with a brazen slice, till it be well moistned, then set it over a clear fire, and melt it well, and let it boyl mildly till it ropes from the ladle, then keep it upon hot Embers, but let it not boyl, and so let it run upon the seeds from the Ladle: If you would have them done quickly, let your water be boyling hot, and putting a fire under the bason, cast on your sugar boyling hot; but put as much water to the sugar as will dissolve the same, neither boil your sugar too long, which will make it black; stir your seeds in the bason as fast as you can, as you cast on the sugar; at the first, put in but half a spoonful of the sugar, moving the bason very fast, rubbing the seeds very well with your hand, which will make them take sugar the better, and let them be very well dried between every Coat, repeat this rubbing and drying of them between every coat, which will make them the sooner rot; for this way in every 3 hours, you may make 3 pound of Comfits. A quarter of a pound of Coriander-seeds, and 3 pound of sugar, will make very large Comfits; keep your sugar always in good temper, that it run not into lumps. When your Comfits are made, lay them to dry on Papers, either before the fire, or in the hot sun, or in an oven, which will make them very white.



*Preserving, Conserving,**224. To Candy Nutmegs or Ginger.*

Take a pound of fine sugar, and 6 or 7 Spoonfuls of Rose-water, Gum-Arabick, the weight of a Six-pence, but let it be clear, boyl all these together, till they **Rope**, put it then out into an earthen dish, put to it your Nutmegs or Ginger, then cover it close, and lute it with Clay, that no air enter in, keep it in a warm place about 20 days, and they will candy into a rocky Candy; then break the Pot, and take them out: In the same manner you may candy Oranges and Limons.

*205. To make Curran Wine.*

Pick a pound of the best Currans, and put them in a deep strait mouth'd earthen pot, and pour upon them about 3 quarts of hot Water, having first dissolved 3 Spoonfuls of the purest and newest ale-yeast, stop it very close till it begin to work, then give it vent as is necessary, and keep it warm for about 3 days; it will work and ferment, taste it after 2 days, to see if it be grown to your liking; then let it run through a strainer, to leave behind all the Currans and Yeast, and so bottle it up; it will be very quick and pleasant, and is admirable good to cool the liver and cleanse the blood; it will be ready to drink in 5 or 6 days after it is bottled, and you may drink it safely.

*226. To make a Sweet-Meat of Apples,*

Make your Jelly with slices of John-Apples, but first fill your Glasses with slices cut round ways, and pour in the Jelly to fill up the Vacuities, let the Jelly be boyled to a good stiffness, and when it is ready to take from the fire, put in some juice of Limon and Orange, if you like it, but let them not boyl, but let it stand upon the fire a while, upon a pretty good heat, that the juice may incorporate well; a little Amber-grease added doth very well.

*227. To make Conserve of Sage.*

Take a pound of flowers of sage fresh blown, and beat them in a mortar, afterward put them in a glass and stop them close, and then set them by a warm fire,

## and Candying.

55

or in the sun, and besure to stir them once a day atleast and it will keep good a Twelve-month at least.

### 228. To make *Paste of Cherries.*

Boyl some fair *Cherries* in water till they come to pap, and then strain them through a sieve, then Boyl some good *Pippins* unto Pap, also put a quarter of a pound of the *Apple-pap* to a Pound of the Pap of *Cherries*, and mingle them together, then dry it, and so make it up into *Paste*.

### 229. To make *Marmalade of Oranges.*

After you have pared your *Oranges* very thin, let them be boyled in 3 or 4 waters, even till they grow very tender, then take a quarter of a hundred of good Kentish *Pippins*, divide them, and take out the Cores, boyl them very well to pap or more, but let them not lose their colour, then pails your Apples through a strainer, and put a pound of sugar to every pint of Juice, then boyl it till it will Candy, then take out the pulp of the *Orange*, and cut the peel into long slices very thin, put in your peel again, adding to it the juice of 2 or 3 *Lemons*, and boyl it up to a Candy.

### 230. To make a *Paste of Apricots.*

Let your *Apricots* be very ripe, and boyl them, then put them into a skillet and set them over the fire without water, stir them very well with a skimer, and let them be over the fire till they be very dry, then take some sugar and boyl it into a Conserve, and mix an equal quantity of each together, so make it into paste.

### 231. To *Pickle Artichouk Bottoms.*

Take the best bottoms of *Artichoaks*, parboyl them, and when they are cold and well drained from the water and dried in a cloth, take away all the moisture; then put them into pots, and pour your Brine upon them, which must be as strong as you can make it, which is done by putting so much salt to it as will receive no more, so that the salt sinks whole to the bottom; cover over your *Artichoaks* with this water, and pour upon it some sweet butter melted to a thickness of two fingers, that no air may come in, when the

## Preserving, Conserving,

5  
If it is cold, set up your pot in a warm place, covered close from vermine. Before you put the bottoms in a pot, you should pull off all the leaves and choak, as they are served at table; the best time to do this is in *Autumn*, when your plants produce those that are young and tender, for these you should pickle before they open and Flower, but not before their heads are round, when you would eat them you must lay them in water, shifting the water several times, then boyl them once again, and so serve them again.

### 232. To pickle Cornelians.

Gather the fairest and biggest *Cornelians* when they first begin to grow red, and after they have lain a while, put them up into a pot or barrel, filling them up with brine, as for *Artichocks*, and put to them a little green fennel, and a few bay-leaves to make 'em smell well, then stop them up very close, and let them stand for a month, if you find them too salt, make the pickle weaker before you serve them to the Table.

### 233. To make Jelly of Apples.

Take either *Pippins* or *John-Apples*, and cut them into quarters, either pared or unpared, boyl them in a good quantity of water till they be very strong of the Apples, take out the clear liquor, and put to it a sufficient quantity of sugar to make a Jelly, with the slices of Apples, boyl all together till the Apples be enough, and the Liquor like a Jelly; or else you may boyl the slices in Apple-Liquor, without sugar, and make Jelly of the other Liquor, and put the slices into it when they be Jelly, and it is sufficiently boyled, put to it some Juice of Limon and Amber, and Munk if you will.

### 234. To make Jelly of Goose-berries.

Let your *Gooseberries* be full ripe, then strain them thro' a strainer, and to every two pound of juice, put three quarters of sugar, boyl it before you mix it, and then boyl it again together; when they are mixed try them upon a plate; when its enough it riseth off.

## 235. To make Bragget.

Put 2 bushels and a half of Malt to 1 Hogshead of water, the first running makes half a Hogshead very good, but not very strong, the second is very weak: boyl but half a quartern of Hops, put your water to the Malt the ordinary way; boyl it very well, and work it with very good beer yeast: Now, to make Bragget, take the first running of this Ale, but put less Honey in it than you do for your ordinary Mead, put twice or thrice as much Spice and Herbs, then put it in a Vessel, after its working with the Yeast, hang within it a bag of bruised spices, rather more than you boyled it with, and let it hang in the barrel all the while you draw it.

## 236. To make a syrup for one short-winded.

Take a good handful of Hyssop, and a handful of Horehound, and boil them in a quart of spring-water to a pint, then strain it thro' a clean Cloth, and put in sugar to make it pleasant. Stir it morning and evening with a Liquorise-stick, and take about three spoonfulls at a time.

## Excellent Receipts

I N

## Physick and Chirurgery.

1. A true Receipt for making that famous Cordial-Drink, known by the Name of Daffy's Elixir Salutis. As it was given by him to Sir Richard Ford, when Lord-Mayor of London.

**T**ake of Anni-seeds, coriander-seeds, sweet fennel-seeds, parsley-seeds, of each 2 Ounces, of spanish-liquorise 2 Ounces, senna 2 Ounces, rhubarb 2 Ounces; Elecampane 2 Ounces; Guaiacum 2 Ounces;

C 4

Six

Six-penniworth of Saffron; and one pound of Raisins of the sun stoned: Mix these all together, and put them into 3 quarts of the smallest Aqua-Vitæ, in stone or glass Bottle, let it stand and infuse 14 days at least, but the longer the better, near the fire, that it may receive some warmth, for it will infuse the better and sooner; then pour of your Liquor into a Vessel, and take your drugs and preserve them as dry as you can, and put the Liquor you squeeze out to the other; and so bottle it up for use.

2. *An approved Medicine for the Stone and Gravel.*

Take the hard Roe of a Red-Herring, and dry it upon a Tile in an Oven, then beat it to powder, and take as much as will lye upon a six-pence every Morning fasting, in a Glass of Rhenish Wine.

3. *An excellent Drink for the Scurvy.*

Take a pound of garden Scurvy-grass, 6 handfuls of Wormwood and Elder-tops, one ounce of Carraway-seeds, and an ounce of Nutmegs, put them all together in 6 gallons of new-ale, and let them work together, and after a convenient time of working, drink of it every morning fasting.

4. *A Receipt for the Gout, known to be very helpful.*

Take 5 or 6 Black Snails, cut off their heads, then put to it one penni-worth of Saffron, and beat them together, spread them on a woolly skin of a piece of sheeps Leather, and apply it to the soles of the feet, anointing the sore place with the Marrow of a Stone-horse.

5. *For Gripping of the Guts.*

Take Anni-seeds, Fennel, Bay-berries, Juniper-berries, Tormentil, Bistort, Balauſtins, Pomegranate-Pills, each one ounce, Rose-leaves 2 handful, boyl them in Milk, strain it, and add the Yolk of an Egg, 6 grains of Laudanum dissolved in the spirit of Mint, prepare it for a Glister and give it warm.

6. *A sovereign Medicine for any Ach or Pain.*

Take Barrow-grease, a lap full of Arch-Angel-Leaves, flowers, stalks and all, and put it into an Earthen-pot, and



and stop it close and paste it, then put it in a horse dung-hill 9 days at the latter end of *May*, and 9 days in the beginning of *June*, then take it forth and use it.

*7. For Sciatica and Pain in the Joynts.*

Take Balm and Cinquefoyl, but most of all Betony, Steep, and Featherfew, stamp them, and drink the juice with Ale and Wine.

*8 For an Ague.*

Take the root of a blew Lilly, scrape it clean, and slice it, and lay it in soak all night in Ale, and in the morning stamp it and strain it, and give it to the Patient Luke-warm, to drink, an hour before the Fit cometh.

*9. For all Fevers and Agues in sucking Children.*

Take powder of Chrysal and steep it in Wine, and give it to the Nurse to drink, also take the root of Devil's-bit, with the Herb, and hang it about the Child's Neck.

*10. A good Medicine to strengthen the Back.*

Take Comfrey, Knot-grass, and flowers of Archangel, boyl them in a little Milk, and drink it off every Morning.

*11. For the Head-Ach.*

Take Rose-Cakes, and stamp them very well in a Mortar, with a little Ale, and let them be dried by the fire on a Tile board, and lay it to the nape of the neck to Bed-ward.

*12. For the Yellow-Jaundice.*

Take a great white Onion, and make a hole where the blade goeth out, to the bigness of a Chestnut, then fill the hole with Treacle, being beaten with half an ounce of English Honey, and a little Saffron, and set the Onion against the fire and roast it well, that it do not burn, and when it is roasted strain it thro' a cloth, and give the juice thereof to the sick three days together, and it will help them.

*13. For the Black Jaundice.*

Take Fennel, Sage, Parsley, Gromwel, of each much alike, and make Pottage thereof, with a piece of good Pork, and eat no other meat that day.

Six-penniworth of Saffron; and one pound of Raisins of the sun stoned: Mix these all together, and put them into 3 quarts of the smallest Aqua-Vitæ, in a Stone or glass Bottle, let it stand and infuse 14 days at least, but the longer the better, near the fire, that it may receive some warmth, for it will infuse the better and sooner; then pour of your Liquor into a Vessel, and take your drugs and preserve them as dry as you can, and put the Liquor you squeeze out to the other; and so bottle it up for use.

2. *An approved Medicine for the Stone and Gravel.*

Take the hard Roe of a Red-Herring, and dry it upon a Tile in an Oven, then beat it to powder, and take as much as will lye upon a six-pence every Morning fasting, in a Glass of Rhenish Wine.

3. *An excellent Drink for the Scurvy.*

Take a pound of garden Scurvy-grass, 6 handfuls of Wormwood and Elder-tops, one ounce of Carraway-seeds, and an ounce of Nutmegs, put them all together in 6 gallons of new-ale, and let them work together, and after a convenient time of working, drink of it every morning fasting.

4. *A Receipt for the Gout, known to be very helpful.*

Take 5 or 6 Black Snails, cut off their heads, then put to it one penni-worth of Saffron, and beat them together, spread them on a woolly skin of a piece of sheeps Leather, and apply it to the soles of the feet, anointing the sore place with the Marrow of a Stone-horse.

5. *For Gripping of the Guts.*

Take Anni-seeds, Fennel, Bay-berries, Juniper-berries, Tormentil, Bistort, Balaustim, Pomegranate-Pills, each one ounce, Rose-leaves 2 handful, boyl them in Milk, strain it, and add the Yolk of an Egg, 6 grains of Laudanum dissolved in the spirit of Mint, prepare it for a Glister and give it warm.

6. *A sovereign Medicine for any Ach or Pain.*

Take Barrow-grease, a lap full of Arch-Angel-Leaves, flowers, stalks and all, and put it into an Earthen-pot, and

and stop it close and paste it, then put it in a horse dung-hill 9 days at the latter end of May, and 9 days in the beginning of June, then take it forth and use it.

*7. For Sciatica and Pain in the Joynts.*

Take Balm and Cinquefoyl, but most of all Betony, Steep, and Featherfew, stamp them, and drink the juice with Ale and Wine.

*8 For an Ague.*

Take the root of a blew Lilly, scrape it clean, and slice it, and lay it in soak all night in Ale, and in the morning stamp it and strain it, and give it to the Patient Luke-warm, to drink, an hour before the Fit cometh.

*9. For all Fevers and Agues in sucking Children.*

Take powder of Chrystal and steep it in Wine, and give it to the Nurse to drink, also take the root of Devil's-bit, with the Herb, and hang it about the Child's Neck.

*10. A good Medicine to strengthen the Back.*

Take Comfrey, Knot-grass, and flowers of Arch-Angel, boyl them in a little Milk, and drink it off every Morning.

*11. For the Head-Ach.*

Take Rose-Cakes, and stamp them very well in a Mortar, with a little Ale, and let them be dryed by the fire on a Tile board, and lay it to the nape of the neck to Bed ward.

*12. For the Yellow-Jaundice.*

Take a great white Onion, and make a hole where the blade goeth out, to the bigness of a Chesnut, then fill the hole with Treacle, being beaten with half an ounce of English Honey, and a little Saffron, and set the Onion against the fire and roast it well, that it do not burn, and when it is roasted strain it thro' a cloth, and give the juice thereof to the sick three days together, and it will help them.

*13. For the Black Jaundice.*

Take Fennel, Sage, Parsley, Gromwel, of each much alike, and make Pottage thereof, with a piece of good Pork, and eat no other meat that day.

*14. For Infection of the Plague.*

Take a spoonful of running-water; a spoonful of vinegar, a good quantity of treacle to the bigness of a hazel-nut, temper all these together, and heat it luke warm, and drink it every four and twenty hours.

*15. For the Cramp.*

Take oyl of Camomile and Fenugreek, and anoint the place where the Cramp is, and it helpeth.

*16. For the Ach of the Joynts.*

Take Marshmallows and sweet milk, linseed, powder of Cummin, and the whites of Eggs, Saffron, and white Grease, and fry all these together, and lay it to the aching Joynt.

*17. For an Ague.*

Take a pottle of thin Ale, and put thereto a handfull of Parsley, as much red Fennel, as much Centory as much Pimpernel, and let the Ale be half consumed away, and then take and drink thereof.

*18. To make the Countess of Kent's Powder.*

Take of the Magistery of Pearls, Crabs Eyes, prepared Hartshorn, Magistery of white Coral, of Lapis contra Yarrow, of each a like quantity, to these powders infused, cut off the great tops of the black claws of the Crabs, the full weight of the rest: Beat all these into a fine Powder, and searce them through a fine Lawn searce. To every ounce of this powder add a dram of Oriental Bezoar, make all these up in a lump or mass, with jelly of Hartshorn, and colour it with Saffron, putting thereto a scrupel of Amber-grease and a little Musk finely powdered, and dry it in the Air, after they are made up into small quantities, you may give to a Man twenty Grains, and to a Child 12 Grains. It is excellent against all malignant and peccilent Diseases, French Pox, Small Pox, Measles, Plague, Pestilence, Malignant or Scarlet Fevers, and Melancholly, twenty or thirty Grains thereof being exhibited (in a little warm Sack or Hartshorn Jelly) to a Man, and half as much, or 12 Grains to a Child.

19. *For the falling Sicknes or Convulsions.*

Take dung of a Peacock, make it into Powder, and give so much of it to the Patient as will lye upon a Shilling; in a little succory-water fasting.

20. *For the Pleuresie.*

Take the round balls of horse-dung and boyl them in a pint of White-wine, till half be consumed, then strain it out, and sweeten it with a little sugar, let the Patient drink of this and then lye warm.

21. *To prevent Miscarrying.*

Take Venice Turpentine, spread it on black brown Paper, the bredth and length of an hand, and lay it to the small of her back, and let her drink a Candel made of Mustadine, putting into it the Husks of about 20 Sweet Almonds dyed, and finely powdered.

22. *For the Worms in Children.*

Take worm-seed boyled in Beer and Ale, and sweetened Clarified Honey, and then let them drink it:

23. *For the Whites.*

Take white washed Turpentine, and make it up in balls like Pills, then take Cinamon and Ginger, and roll the balls in it, and take them as you would do Pills, morning and evening.

24. *For a dry Cough.*

Take Anni-seeds, Ash-seeds, and Violets, and beat them to powder, and stamp them, of each a like quantity, then boyl them together in fair-water, till it grows thick, then put it up, and let the patient take of it morning and evening.

25. *To make Unguentum Album.*

Take a pint of Oil-Olive, and half a pound of Diaculum, Anni-seeds a pretty quantity, and put them together, and put thereto a pound of Ceruse, small ground, boyl them together a little, and stir them always till it be cold, and it is done.

26. *To destroy the Piles.*

Take Oil of Roses, Frankincense and Honey, and make an Ointment of them, and put it into the Fundament, and put Mirrh unto the same, and use often to anoint the



the Fundament therewith, and let the same thereof go into the Fundament.

27. *For the Canker.*

Take a handful of unset Leeks, with the roots, and a small quantity of Yarrow, and boyl them in white-wine, till they be very soft, then strain and clarify them, and let the Patient drink thereof morning and evening, blood-warm.

28. *For the Itch.*

Take the juice of Penny-royal, the juice of Savin, the juice of Scabius, the juice of Sage, the juice of Pellitory, with some barrows-grease and black-soap, temper all these together, and make a salve for the Itch.

29. *For the King's-Evil,*

Take 2 ounces of the water of Broom Flowers distilled, and give it in the Morning to the patient fasting, and it will purge the evil humours downwards, and wasteth and healeth the Kernels without breaking them outwardly.

30. *To break an Impostume.*

Take a Lilly Root and an Onion, and boyl them in Water, till they be soft, then stamp them, and try them with Swines-grease, and lay it to the Impostume as hot as the Patient may suffer it.

31. *For biting of a Mad Dog.*

Stamp large Plantain and lay it to the grieved place, and it will cure the Sore.

32. *The Green Sicknes.*

Take the Keys of an Ashen-tree, dried and beaten to Powder, and take of red Fennel, of red Sage, Marjoram, and Bettony, and seeth them in running water, from a pottle to a quart, then strain them, and drink thereof a good draught with sugar, morning and evening, luke-warm.

33. *For Deafness.*

Take wild Mint, mortifie it and squeeze it in the hand till it rendreth juice, then take it, with its juice, and put it into the Ear, change it often, this will help the Deafness, if the Person hath heard before.

34. *For*

34. For the Dropsie.

Take a Gallon of White-wine, and put into it a handful of Roman Wormwood, and a good piece of Horfe-radish, and a good quantity of Broom Ashes tyed in a Cloth, then take a good bunch of Dwarf-Elder, beat it in a Morter, and strain out the juice, and put into the Wine when you will drink it, but if the Elder be dry, you must steep a good quantity in the wine. Take of this half a pint morning and evening.

35. For a Sprain in the Back, or any other Weakness.

Take a quarter of a pint of good Muscadine, a spoonful of Madder, incorporating them well together, then give it to the Patient to drink 3 mornings together, and if need requireth, you may use it often in a day, this will strengthen the back exceedingly.

36. An excellent remedy for sore Eyes.

Take a Gallon of pure running-water, and eight drams of white Copperas, and as much of fine white Salt, mix them together, and let them simmer half an hour over a slow fire, and then strain it for use.

37. Catholicon; a most excellent Cordial.

Take half a peck of ripe Elder-berries, pick them clean, and let them stand 2. or 3 days in an Earthen-pan, till they begin to hoar or mould, then bruise and strain them, and boyl the Liquor till half be consumed, then putting a pound of sugar to every pint of Liquor, boyl them to a syrup.

38. A Medicine for an Ague.

Take a quart of the best Ale and boyl it to a pint, and let the Party take it, and then let the Patient lye down upon a bed, and be covered warm, when the first fit grudges, and let a Bason be ready to vomit in.

39. Another for an Ague.

Take a large Nutmeg and slice it, and so much Roch-Alom beaten to Powder, and put them both into one pint of white-wine, and incorporate them well together, and let the patient take one half thereof about half an hour before the fit, and then walk a pace, or use some other laborious Exercise, and when the fit begins

begins to come, take the other half and continue Exercise. Both these I have known to cure to Admiration.

*40. For a great Lax or Loosness.*

Take one quart of New Milk, and have ready one half-pint of distilled Plantain-water, and set your Milk over the Fire, and when your milk by boyling rise up, take 2 or 3 spoonfuls, as occasion shall be, to allay the rising, and when it rises again, do the like, and so in the like manner till the Plantain-water be all in, and then boyling up as before, let the Patient drink thereof warmed hot, or how else he likes it; I never yet have found it fail of Curing.

*41. For Curing of Deafness.*

Take Herb of Grace and pound it, then strain it, and take 2 spoonfuls of the Juice, and put thereto one spoonful of Brandy-wine, and when it is well evaporated, dip therein a little black wool or fine lint, being first bound with a silk thred, and put it into your Ear.

*42. For the Scurvy.*

Take half a peck of sea scurvy-grass, and as much water-creffes, of dwarf elder, roman worm-wood, red sage, fumitory, hartshorn, and liver-wort, of each 1 handful, wash the water-creffes, and dry them well. the other herbs must be rub'd clean, and not washed, then add 1 ounce of horse-raddish, and a good handful of madder roots, beat these with the herbs, and strain the juice well out, for the last is best, then set it on a quick fire, and scum it clean; then let it stand till it is settled, and when it is quite cold bottle it up, and keep it in a cold place, you must take 4 or five spoonfuls with one spoonful of syr up of Limons put into it, each morning fasting, and fast 1 hour after it.

*43. To procure Conception.*

Take of syrup of mother-wort, syrup of mugwort, half an ounce, of spirit of Clary 2 drams, of the root of *English* snake-weed in fine Powder 1 dram, purslain-feed, nettle-feed, rochet-feed, all in subtile powder, of each

each 2 drams: Candied nutmegs, eringo-roots, satyrion roots preserved, dates, pistachoes. Conserve of succory, of each 3 dram<sup>s</sup>, cinamon, saffron in fine Powder, of each a scruple, Conserve of vervain, pine-apple kernels, picked and peeled, of each 2 drams, stamp and work all these ingredients in a Morter, to an electuary then put it into gally-pots, and keep it for use: Take of this electuary the quantity of a good nutmeg, in a little glasse full of white-wine, in the morning fasting, and at 4 a Clock in the Afternoon, and as much going to Bed, but besure do not use violent exercises.

*44. For a sore Breast not broken.*

Take oyl of Roses, Bean-flower, the yolk of an Egg, a little Vinegar, temper all these together, then set it before the fire that it may be a little warm, then with a feather stroke it upon the breast morning and evening, or any time of the day she finds it pricking.

*45. To heal a sore breast when broken.*

Boyl Lillies in new Milk, and lay it on to break it, and when it is broken, tent it with a Mallow-stalk, and lay on it a plaister of Mallows boyled in sheeps tallow: These are to be used if you cannot keep it from breaking.

*46. For a Consumption.*

Take a pound and half of Pork, fat and lean, and boyl it in water, and put in some Oatmeal, and boyl it till the heart of the Meal be out, then put to it two quarts of Milk, and boyl it a quarter of an hour, and give the patient a draught in the Morning, Afternoon and Evening, and now and then some Barley-water.

*47. For the Falling-sickness.*

Take powder of Hartshorn, and drink it with wine, and it helpeth the Falling.

*48. For the Tooth-Ach.*

Take Featherfew and stamp it, and strain it, and drop a drop or two into the contrary Ear to the pain, and lye still half an hour after.

*49. For a Wen.*

Take black-soap and mix with unslaked Lime, made into powder, and lay it on the Wen or Kernel.

*Excellent Receipts,*50. *For the Wind.*

Take juice of red Fennel, and make a posset of Ale therewith, and drink thereof.

51. *For the Dropse.*

Take 2 Gallons of new Ale, then take Setwel, Calamus, Aromaticus, Galangale, of each two Pennyworth, of Spikenard 4 Penniworth, stamp all together, and put them into a bag, and hang it in the vessel, and when it is four days old drink it morning and evening.

52. *For a scald Head.*

Wash thy head with Vinegar and Camomile stamp and mingled together; there is no better help for the scald, or grind white Hellebore with Swines Grease and apply it to the Head.

53. *To make Plague Water.*

Take a handful of Sage, and a handful of Rue, and boyl them in 3 quarts of Malmsey or Muscadine, till one pint be wasted, then take it off the fire, and strain the Wine from the Herbs, then put into the Wine two Penniworth of long Pepper, half an Ounce of Ginger, and a quarter of an Ounce of Nutmegs, all grossly bruised, and let it boyl a little again. Then take it off the fire, and dissolve it in half an ounce of good venice-treacle, and a quarter of an ounce of methridate, and put to it a quarter of a pint of strong Angelica Water, so keep it in a Glass close stopp'd, for your use. This water cureth small-pox, Measles, Surseits, and Pestilential Fevers.

54. *A precious Eye Water.*

Take of the best white-wine half a pint, of white-rose-water as much, of the water of Celendine, Fennel, Eye-bright and Rue, of each two Ounces, of prepared Tutia six ounces, of Cloves as much, Sugar Rosate a dram, of Camphire and Aloes, each half a dram, wash the eyes therewith.

55. *A Cordial Fulep.*

Take water of Endive, Purslain and Roses, of each 2 ounces, sorrel-water half a pint, juice of Pomegranats,  
and



*in Physick and Chirurgery.*

6,

and for lack thereof vinegar 4 ounces, Camphire 3 drams, sugar 1 pound, boyl all these together in the form of Julep, and give 3 or 4 ounces thereof at a time.

*56. To make Green Oyntment.*

Take a pound of Swines Grease, 1 ounce of Verdigrease, half a scruple of Sal Gemmæ, this oyntment may be kept 40 years, it is good against Cancers and running sores, it fretteth away dead flesh, and bringeth new, and healeth old Wounds, put it within the wound that it fester not.

*57. For fits of the Mother*

Take a brown Toast of lowre Bread, of the nether Crust, and wash it with Vinegar, and put thereto black soap, like as you would butter a Toast, and lay it under the Navil.

*58. For Rickets in Children.*

Take of Fennel-seeds and Dill-seeds, but most of the last, boyl them in Beer, and strain it, and sweeten it with sugar, and let the Child drink often. *Probatum.*

*59. For the Shingles.*

Take the green-leaves of Colts-foot, stamped and mingled with Honey, apply it and it will help.

*60. To heal a Fisula or Ulcer.*

Take Figs and stamp them, with shoe-makers wax, and spread it upon Leather, and lay it on the sore, and it will heal.

*61. For a Woman in Travail.*

Take 7 or 8 leaves of Bettony, a pretty quantity of Germaner, a branch or two of Penny-royal, 3 Mary-golds, a branch or 2 of Hyssop, boyl them all in a pint of White-wine or Ale, then put into it sugar and saffron, and boyl it a quarter of an hour more, and give it to drink warm.

*62. To make a Woman soon be delivered, the Child being dead or alive.*

Take a good quantity of the best Amber, and beat it exceeding small to powder, then scrape it thro' a fine piece of Lawn, and so drink it in some Broth or Caudle, and it will by God's help cause the Patient to be presently delivered.

*63. for*

## Excellent Receipts,

63. *For Infants troubled with wind and Phlegm.*

Give them a little pure sugar-candy, finely bruised in saxifrage water, or scabious water, in a spoon well mingled together.

64. *A most excellent Medicine to breed their Teeth easily.*

Take of pure Capons grease very well clarified, the quantity of a Nutmeg, and twice as much of pure Honey, mingle and incorporate them well together, and anoint the Childs Gums therewith 3 or 4 times a day, when its Teething, and they will easily break the Flesh and prevent Torments and Agues, and other Grievs which usually accompany their coming forth.

65. *For Agues in Children.*

Take a spoonful of good oyl of Populeon, and put thereto 2 spoonfuls of good oyl of Roses, mingle them well together, and then warm them before the fire, anoint the Childs joynts and back, also his fore-head and temples twice a Day, chafing the Oyntment well in.

66. *To cause a young Child to go to stool.*

Chafe the Childs Navel with May Butter, before the fire, then take some black-wool and dip it in the Butter, and lay it to the Navel, and it will procure a stool; this is also good for one in years, that can take no other Medicine.

67. *For Worms in Children.*

Take of Myrrh and Aloes finely powdered, of each a Penny-worth, and put thereto a few drops of Chymical Oyl of Wormwood or Savine, and a little Turpentine, make these up into a Plaister, and lay it to the Childs Navel.

68. *To help one that is Blasted.*

Take the white of an Egg and beat it in a Morter, put to it a quarter of an ounce of Coperas, and grind them well together till it come to an Oyntment, and therewith anoint the sore Face, and it will ease the pain, and take away the swelling; and when it is well nigh whole, anoint the place with a little Populeon, and that will make the skin fair and well again.

69. *An*

69. *An Excellent Salve.*

Take a pound of Bees-Wax, a pint of sallad-oyl, 3  
unces of red-lead, boyl all together in a new Earthen  
pokin, keeping it stirring all the while till it grows  
a darkish colour, then keep it for use, or make sear-  
d, the oths of it while it is hot.

It is most approved against any pain, sore, scald,  
it, burn; to strengthen the back, or remove any old  
a day, h whatsoever.

70. *A Julep of Doctor Trench, for the Fits of the Mother.*

In the time of the year distill black cherry-water,  
ony-flower-water, cowslip-water, rue, or herb-grace-  
water; then take of the waters of cowslip, black-  
berries, piony, rue, of each an ounce, and add to 'em  
water of castor half an Ounce, of cinamon-water one  
ram, syrup of clove-gilly-flowers 3 drams, mix all  
these together, and take 2 spoonfuls at a time of it,  
often as you please.

71. *For a Tympany.*

Take a handful of the blossoms of *Marygolds*, stamp  
them and strain them, and give the juice thereof to the  
patient, in a draught of Ale fasting.

72. *To provoke terms, a good Medicine.*

Take worm-wood and rue, of each 1 handful, with  
ve or six pepper-corns, boyl them all together in a  
quart of white-wine, or malmsey, strain it, and drink  
hereof.

73. *For the bloody Flux.*

Take a great Apple and cut out the Core, and put  
herein pure Virgins-Wax, then wet a Paper and lap  
it therein, then take it up in the Embers, and let it  
roast till it be soft, then eat of it as your Stomach will  
give leave.

74. *For a Rheumatick Cough or Cold.*

Take a pint of Hyssop-water, syrup of Gilliflowers,  
syrup of Vinegar, syrup of Maiden-hair, syrup of  
Coltsfoot, of each an ounce, mingle all together, and  
drink it when you please.

75. *To*

## 75. To kill a Fellon.

Take an Egg and roast it hard, and take out the Yolk thereof, then roast an Onion soft, and beat the Yolk and the Onion together, and lay it to the sore and it will kill the Fellon.

## 76. For the white Flux.

Take the powder of the flower of Pomegranates, and drink it in Red-Wine.

## 77. For the Red Flux.

Take Sperma-Ceti, and drink it, and truss up yourself with a piece of black Cotton.

## 78. For the Cancer in a Womans Breast.

Take the Dung of a Goose, and the juice of Celandine, and bray them well in a Morter together, and lay it to the sore and this will stay the Cancer and heal it.

## 79. For an Ague in the Breast.

Take Groundsel, Daisie leaves and Roots, and course Whey sifted, and make a Poultice thereof with the parties own Water, and lay it warm to the breast.

## 80. For bleeding at the Nose.

Take Bettony, and stamp it with as much Salt as you can hold betwixt your two Fingers, and put it into your Nose.

## 81. For spitting of Blood.

Take Smallege, Rue, Mints, and Bettony, and boyl them well in good Milk, and drink it warm.

## 82. To stanch the bleeding of a Wound, or at the Nose.

There is no better thing than the powder of Bole-Armoniack, to stanch the bleeding of a Wound, the powder being laid upon it, or for the Nose, to be blown in with a Quill: Or take the shavings of Parchment and lay it to the Wound, and it stancheth and healeth.

## 83. To make the Gascoign-Powder.

Take of Pearls, white Amber, Hartshorn, Eyes of Crabs, and white Coral, of each half an Ounce, of black thighs of Crabs calcined, two ounces, to every ounce of this powder put a dram of Oriental Bezoar, reduce them all into a very fine powder, and searce them

em then with Hartshorn Jelly, a little leeth and comerein, make it up into a paste, and make therewith zenges or troches for your use. Get your Crabs at this powder about *May* or *September*, before they be boyled, dry your Lozenges in the Air, not by Fire or Sun.

84. *For the Megrim or Imposthume in the Head.*

Take four-penny weight of the root of Pellitory of Spain, a farthing weight of spikenard, and boyl them in good Vinegar, and when it is cold, put thereto a spoonfull of Honey, and a saucer full of Mustard, and mingle them well together, and hold thereof in your mouth spoonfull at once, and use this 8 or 9 times, spitting it out continually.

85. *For Pain in the Ears.*

Take the juice of Wild Cucumbers, and put it into the Ears, and it assuageth the Pain. Also put the Wood of Green-Ash in the fire, and save the Liquor that cometh out at the end, and put it into the Ears, it causeth the pain to cease, and amendeth the Hearing: Also beat the juice of Wormwood and drop it into the Ears.

86. *A precious Water for the Eye-sight, made by King Edward the Sixth.*

Take Smallage, red fennel, Rue, Pervain, Bettony, Agrimony, Pimpernel, Eufraze, Sage, Celendine, of each a little quantity, first wash them clean, then stamp them, and put them in a brazen pan, with the powder of 14 or 15 Pepper-Corns, fair searced into a pint of good white-wine, put them into the Herbs with 3 spoonfulls of Honey, and 5 spoonfulls of the water of a man Child that is sound; mingle all together and boyl them over the fire, and when it is boyled strain it thro' a Cloth, and put it into a Glas, and stop it well and close till you use it, and when you need it, put a little thereof into the sore-eyes with a Feather, but if it be dry, temper it with white-wine, and it profiteth much all manner of sore-eyes: This water was used by King Edward the Sixth.



Lord Dennies Medicine for the Gout.

Wock-leaves and stalks, cut them small and stamp them very small, then strain them and clean them, and when you have so done put them into glasses, and put pure oyl of Olives on the top of them, and stop it from the Air, and when you would use it for the Gout, pour it into a Porringer, and warm it, and wet Linnen Cloths in it, and apply it warm to the grieved place, warming your Cloths one after another as they grow cold that are on.

88. Dr. Steven's sovereign Water.

Take a Gallon of good Gascoin Wine, then take Ginger, Galingale, Canel, Nutmeg, Grains, Cloves, Anni-seed Caraway-seeds, of each a dram; then take Sage; Mint, red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Camomile, Lavender, of each a handful, then bray both spices and herbs, and put them all in to the Wine, and let them stand for 12 hours, divers times stirring them, then distil in an Alimbeck, but keep that which you distil first by it self, for that is the best, but the other is good also, but not so good as the first. This water comforteth the vital spirits, and helpeth inward diseases which come from Cold, it helps Conception in women that are Barren, and killeth Worms in the Body, it cureth the old Cough, and helpeth the Tooth ach, it comforteth the stomach, and cureth a stinking breath, it preserveth the body in good liking, and makes them look young.

89. The water called *Aqua Mirabilis* and *Pretiosa*, made by Doctor Willoughby.

Take of Galingales, Cloves, Mace, Cucubes, Ginger, Cardanum, Nutmegs, Mellilot, Saffron 4 ounces, and beat all these into powder, Agrimony water the quantity of a dram, and somewhat more, then take of the juice *Celandine* half a pint, and mingle all these together with a pint of good *Aqua-Vita*, and 3 pints of white-wine, put all these together in a still of Glass, and let it stand all night, then distill it with an easie fire. This water dissolveth the swelling of the Lungs

lungs without any Grievance, and helpeth and comforteth them being Wounded, and suffereth not the blood to putrifie; he shall never need to be let blood; he useth this water, it suffers not the heart to burn, nor melancholly nor Rheum to have dominion above the nature, it also expelleth Rheum, and purifieth the stomach.

90. *To make Allom Water.*

Take a pound of Allom and beat it to powder, then take a gallon of clear water and let it on the fire, being it boyl till all the Allom be melted, then take it off the fire, and when it is cold put it into a Glass, and keep it for use.

91. *To make an excellent Electuary, called the Electuary of Life.*

Take Scorlegio, Morre, Gentiana, Grandoret, and Jalaim of each a little quantity, stamp them and mingle them with honey, that hath been well boyled on the fire, and scummed clean. This is excellent for sickness in the stomach, or pain in the belly, heart or head, or for those that are bitten with any Venomous Beast, or Poysoned; it must be taken in water 3 or 4 spoonfuls at a time, in the morning fasting; if the disease be of any long standing, he must drink it 15 days together, and he will be whole.

92. *Against Heat of the Liver.*

Take Fennel, Endive, Succory, Plantain, of each a like, distil them with red Wine and Milk, and use it every Morning 9 spoonfuls at a time, with a draught of Wine and Sugar, or else five spoonfuls thereof alone.

93. *For Swooning Fits.*

For swooning and weaknes of the heart, in Fever and Sickness, or if it come from other cause, stamp minis with Vinegar and a little Wine, if the Patient have no Fever, then toast a bit of bread, till it is almost burnt, and put it therein till it be well soaked, then put it in the nose of the Patient, and rub his Lips, Tongue, Gums, Teeth and Temples, and let him chew and suck the moistnes thereof, and swallow it.

94. *A Water for the Eyes, to make a Man see in forty dayes who hath been blind seven Years before, if he be under fifty Years of Age.*

Take smallage, fennel, rue, bettony, vervain, agrimony, cinquefoyl, pimpernel, eye bright, celandine, sage, of each a quartern, wash them clean and stamp them, do this in a fair Marshing-pan, put thereto a quart of good White-wine, and the powder of 30 Pepper-corns, 5 spoonfulls of live Honey, and 10 spoonfulls of the Urine of a Man-child that is wholesome, mingle them well together, and boyl them till half be wasted, then take it down and strain it, and afterwards Clarifie it, and put it into a Glass-Vessel well stoppt, and put thereto with a Feather into the Eye of the Blind, and let the Patient use this Medicine at night when he goeth to bed, and within forty dayes he shall see. It is good for all manner of sore eyes. Wild-Tansey Water is good for the Eye-sight, and eating of Fennel-seed is good for the same.

95. *For a Web in the Eye,*

Take Leaves of White-honey-suckles and Ground Ivy, of each a like quantity ground together, and put every day into the Eye, cureth the Web. Or else Salt burnt in a flaxen-cloth, and tempered with Honey, and with a feather anointed on the Eye-lids, killeth Worms that annoy the Eye lids.

96. *For moist Scabs after the Small-pox.*

Take Lapis Calaminaris, Letharge of Gold and Silver, of each two drams, Brimstone and Cernise two ounces, bring all these into a fine powder, and then beat them in a Morter with so much Barrows-grease as is sufficient to make it up in an Oyntment, and anoint the place therewith evening and morning.

97. *To bring down the flowers.*

Take of Alligant, Muscadine, or Claret a pint, burn it, and sweeten it well with sugar, put thereto two spoonfulls of Sallad-Oyl, then take a good Bead of Amber in powder, in a spoon, with some of the wine after it, take this evening and morning.

98. *To stay the flowers.*

Take Amber, Coral, Pearls, Jeat, of each a like, grind them to a fine powder, and searce them, take as much as will lye upon a fix-pence with Conserve of Quinces, and drink a draught of new Milk after it : Use this every Morning.

99. *To Cure Corns.*

Take Beans and chew them in your mouth, and lye it fast to your Corn, and it will help : Do this well at night.

100. *To make Oyl of Roses.*

Take red rose-leaves a good quantity, stamp 'em in a Mortar, and put thereto Oyl-Olive, and let it stand in the sun 12 days, and then put it in a glass, and bind the glass fast about with ropes of Hay, and set it in a pan full of Water, and let it boyl softly two hours, and then let it cool, then put it in small Glasses, and put thereto the leaves of red-roses all whole, and stop it fast, and set it in the Sun for sixteen days, and so use it at your need.

101. *For any Itch or breaking out.*

Take Frankincense, and beat it small in a mortar, and mingle it with Oyl of Bays, and therewith anoint all over, and it will destroy the Itch.

102. *For the Piles after Child birth.*

Make a Bath of Worm-wood, Southern-wood, Cinnamon Rhind, and the bark of Cassia Fistula boyled well in Wine ; when the woman delivered goeth forth of the Bath, put Bombrace, or Cotten with powder of Aloes, mixed with Oyl of Penny-royal, unto her lower Parts,

103. *For a fitch in the side.*

Take 3 handiuls of Mallons, boyl them in a little raw milk, and put thereto a handfull of Wheat-bran, and let them boyl together, and then wring out the milk, and lay it hot to the fitch, apply it often : Or take a few Leaves of Rue and Yarrow, stamp them together, and wring out the Juice and drink it with a little Ale.

98. To

D

104. For

104. For a Tertian, or double Tertian Ague.

Take a good quantity of *Celandine*, a spoonful of salt and the bigness of an Egg in *Leaven*, and as much *Allicant* and *Spanish soap*, Stamp them well in a Morter and make a Plaister of them, and apply them to the Patients Feet an hour before the coming of the Fit add thereto 4 or 5 Yolks of Eggs : Or take of *Anniseed-water* the best that you can get, halt a pound of *Oyl of Vitrol*. shake them well together, and drink 1 or 2 Spoonfuls thereof an hour before the fit comes.

105. For the Spleen.

Boyl the rhinds and keys of an *Ash-tree* very tender in *White-wine*, and drink a good draught thereof for 3 or 7 mornings together, and it will much ease the Patient ; when you drink this, anoint the spleen with *Unguentum Dialthea*, every morning and evening, applying also a plaister of *Mellilot* to the place.

106. An excellent powder for the Green-sickness.

Take 4 scruples of *Gentian* made into fine powder of rasp *Ivory* and *Hartshorn*, of each 2 scruples, make these into fine powder, give a spoonful hereof, with *White-wine*, or the like, at once.

107. A drink that healeth all Wounds, without any Plaister or Ointments, or without any Taint, most perfectly.

Take *Sanicle*, *Milfoil*, and *Bugle*, of each a like quantity, stamp them in a Morter and temper them with wine, and give the person wounded to drink twice or thrice a day, till he be whole : *Bugle* holdeth open the wound, *Milfoil* cleanseth the wound, and *Sanicle* healeth it ; but *Sanicle* may not be given to him that is hurt in the Head, or in the Brain-pan, for it is dangerous. This is a good and tried Medicine.

108. For pricking of a Thorn.

Take of *Violet-leaves* one handful, stamp them together, and take a quantity of *Boar's-grease*, and *Wheat-bran* one handful, set it on the fire in cleare Water, and make a Plaister thereof, and lay it to the Grief.



109. *To make Oyl of St. John's Wort good for any Ach or Pain.*

Take a quart of Sallad Oyl, and put thereto a quart of flowers of St. John's Wort well picked, let them lye therein all the summer, till the seeds of the Herb be Ripe, the glass must be kept warm, either in the sun or the water, all the summer, till the seeds be Ripe, then put in a quarter of St. John's Wort Seeds whole, and so let it stand 12 hours, the glass being kept open, then you must boyl the Oyl 8 hours, the water in the pot full as high as the oyl in the glass, when it is cold strain it, that the seed remain not in it, and so keep it for your use.

110. *For the Ptsick.*

Take 2 ounces of Liquorice scraped and bruised, of Figs 3 ounces, of Agrimony, Horehound, Enula Campana, of each a handful, boyl them all together in a gallon of Water, till half be Wasted, then strain the Herbs from the juice, and use it early and late. Also for the dry Ptsick, stamp fennel roots, and drink the juice thereof with White-wine.

111. *To make Oyl of Fennel.*

Put a quantity of fennel between 2 Tile-stones, or Plates of Iron, make them very hot, and press out the Liquor; and this Oyl will keep a great while, for it is good for the Ptsick, dry Scab, burning and scalding.

112. *To make the black Plaister for all manner of Grievs.*

Take a quantity of Oyl-Olive, a quantity of Red-Lead, boyl these together, and stir them with a slice of Wood continually, till it be black and somewhat thick; then take it off the fire, and put into it a Pennyworth of Red-wax, and a pound of Rosin and set it to the fire again, but do not blaze it, and stir it, then take it off, and let it stand till it be cold, and make it into a Lump. It is good for a new Wound, or to stanch Blood, pour a little of it in a Dish, and if it stick fast to the Dish's side, then it is enough, keep it for your use as need requireth.

## Directions for Nurses.

**L**ET there be given unto the Infant new borne honey to lick, after let it be nourished with the Mother's Milk, which of all things best agreeth with it: But if by reason of some necessity it cannot enjoy it, a sound healthy Nurse is to be chosen, neither younger than 24 Years, nor elder than five and thirty of a white and ruddy Complexion, which is not infected with other Vices, nor yet hath been too lately brought to Bed, nor hath not long given Suck; let her not have sore dugs or Breasts, not too big, but a large Breast, and moderately Fat. Let her use choice meats of easie and light Concoction, engendering good blood or juice; let her abstain from hot aromatical Spices, as Pepper, Ginger, Cardamum, and such like; also from Leeks, Onions, Garlick, Salt, austere and tart things; Let her avoid strong Wines, as also cold Water: Let her eschew immoderate eating and drinking, for that corrupteth the milk, and begetteth in Children Leprosy, or Scurf, and other contagious Diseases: Let her abstain from cares and Vexations, and let her take heed lest she provoke her mentruous Disease.

She must not sleep much, or be given to sleep, for that maketh the Milk Flegmatick; she ought not to watch more than is meet, for from hence the milk cometh to be more hot, sharp, and disastful to the Infant; she ought moderately to exercise her self, especially her Arms, to wit, either in sowing, spinning or knitting, for by this means evil humours are consumed, as by ease and sloth they are augmented.

Also copulation of the nurse exceedingly offendeth and hurteth the child, as that which chiefly retracteth and diminisheth the milk, and maketh it of an unfavoury taste, tasting hot and rank, or goatish, which bringeth no small inconvenience, and hurt to the child.

But if the milk decrease, Pultices of Bean-meal, Rice, are meet to be used, also like Paps made of bread with milk and sugar, to which may be added a little annel seed.

And if the milk be thick, it must be made thin with tender diet, and subtil wine, and syrup of vinegar, as also with exercises: But if it be too thin and waterish, with gross and strong meats, and longer sleeps, will be convenient. For the corruption of the milk, a little Mugwort grossly bruised, and put into a linnen cloth, and so into Broth, with a little Honey added thereto, will do very much good.

*The care of the Infant.*

And if the child's belly be loose, the food ought to be more gross and strong, and he sleep longer; but children may suck so long as till they have brought forth sharp and great teeth; but if you suffer them to drink Wine or strong drink, or other Potions, before they have toothed them, they will be corrupted; but when they have gotten the Teeth, their Arms and back-bones are gently to be rubbed after their sleep. And 'tis not of little concernment in what swaddling cloaths children are wrapped; for when they are not tied up at all, or the Clouts are too loose, they are subject to Fluxes, Imposthumes, apt to be crooked back, and other discommodities; but especially when their knees are too strictly tied and bound up, and their thighs left at liberty, they are lamed.

When they cry or feel pain, or will sleep, they are to be pacified, either by shewing the Breast or Singing, or by Rocking either in Cradles or Hanging-beds carrying up and down: But we must observe, that Children may lye strait whensoever they lye down, and ought not to be covered too much, or hot with coverings, nor yet with too few, lest they may catch cold: Moreover, let the Linnen cloth wherein they are wrapped, be neat and clean, for Children are offended and infected with foul and filthy excrements.

From three Years of Age till the seventh, they are to be Educated gently and kindly, not to be severely reprimanded, chidden or beaten, for by that means they are made throughout their whole Life after, too timorous, or too much terrified, astonished and sotted.

Being yet in their first Years, they are not to be compelled to going, for seeing all their bones are soft as Wax, and their body fall the heavier, they either become lame, or universally resolved in their feet.

Food must be daily given them thrice a day, till they are 3 years old; for if they be much filled, they are subject and accustomed to be troubled with Convulsions, and other Diseases.

In the sixth or seventh year of their Age, they are to be sent to School, and committed to the breeding and instruction of courteous and temperate Schoolmasters, who may not terrifie them.

Before these years they are not to be compelled or forced to hard labours, otherwise they will not thrive well, but stand at a stay and keep little, or else become Dwarfs.

When as the Infant beginneth to grow sick, as for example from a cold Disease, the Nurse to be nourished with hotted dry Meat and Drink, so that thereby forthwith it may grow well again; so also if it be taken with other Diseases, as with an *Ague*, the nurse shall use *Plantain-water*, and such like things. Pap made for Children of Grumbs, or Morsels of Bread broken or sliced, are more wholesom than made of Meal or Flower.

Till 2 years old give them *Honey* often, for that keepeth them from Convulsions, and costiveness of the Belly, and that the Milk they eat hurt them not.

When Infants cast up their Milk, a Corral should be hung about their Neck down to their Middle; for it is useful for them in their Teething; and Ivory is good for the same purpose.

---

*What is to be Administred unto the Child after it is Born, for the first thing it taketh.*

**A** *Rnoldus de villa Nova*, a most Learned Physitian writeth, That if you give unto a child half  
(scrip)

o be  
e soft  
the  
r.  
til  
the  
Con  
y are  
ding  
ool  
ed on  
rive  
ome  
s for  
our  
reby  
it be  
urle  
Pap  
rea  
e o  
keep  
th  
oul  
s for  
y  
er  
tia  
alf  
up

cuple of *Coral* finely powdered with Woman's milk  
first, before it taketh any other thing, after it is born,  
that it shall never be troubled with the Falling-sick-  
ness.

Also I know Persons of good Quality in *England*,  
who give unto all their own Children (and advise all  
other Women, where they are desired to be assistant  
at the Birth, to exhibit unto the Children new-born,  
the first thing they take) a little Sa<sup>t</sup> well mingled in  
a spoonful of *Saxifrage*, or *Hyssop water*, to prevent  
the trouble of frets, and other Diseases in Children  
following their Birth.

*For Infants troubled with Wind and Phlegm.*

Many Midwives advise the Nurses to give them a  
little fine Sugar-candy, finely bruised in *Saxifrage*-  
water, or *Scabious-water*, in a spoon, well mingled  
together.

*A most excellent Medicine, to cause Children to Teeth easily.*

Take of pure Capon's-grease very well clarified the  
quantity of a Nutmeg, and twice as much of pure  
Honey; mingle and incorporate them well together,  
and 3 or 4 times in a day anoint the Child's Gums  
when they are Teething, and they will break Flesh  
easily, and prevent Torments and Agues, and other  
Griefs, which usually accompany their coming forth:

*To cause a young Child to go to Stool.*

Take a good big green *Mallow* sprig, and strip off  
the outward Skin, and anoint the sprig well with  
fresh Butter, and put it up into the Child's Funda-  
ment, and let it stay a while there, and in a very  
short time it will procure a Stool.

*For an Ague.*

Take the Herb called *Hartshorn*, stamp it, then min-  
gle it with *Bay-salt*, and 3 or 4 hours before the Fit  
comes, apply it, spread upon a Linnen-cloth, to the  
Child's Wrists, and when the fit is past, apply a fresh  
one before the next fit, and in a few fits (God wil-  
ling) it shall be cured.



*Beautifying Waters, Oyls, Oyntments and Powders, to Adorn and add Loveliness to the Face and Body.*

*1. To make the Hair very Fair.*

**W**ASH your hair very clean, and then take some *Alom*-water warm, and with a sponge moisten your hair therewith, and it will make it fair.

*2. Another.*

Take the last Water that is drawn from Honey, and wash your Head therewith, and it will make the Hair of an excellent fair Colour, but because it is of a strong smell, you must perfume it with some sweet Spirit.

*3. To make the Hair grow thick.*

Make a strong Lye, then take a good quantity of Hyssop Roots, and burn them to Ashes, and mingle the Ash and Lye together, and therewith wash your head, and it will make the hair grow; also the Ashes of Frogs burnt do increase the Hair, as also the Ashes of Goats dung mingled with Oyl.

*4. To make the Hair Grow.*

Take Marsh-Mallows and boyl them, roots and all, and wash the head therewith, and it will grow in a short time; also take a good quantity of Bees, and dry them in a Sieve, by the Fire, and make powder of them, and temper it with Oyl-Olive, and anoint the place where the hair should grow; also take the Oyl of Tartar, and warm it, and anoint any Bald-head therewith, and it will restore the hair in a short time.

*5. To make the Hair Fair*

Take the ashes of a Vine burnt, of the knots of Barley-straw, and Licorice, and Sow-bread, and distill 'em together in fair-water, and wash the head with it; also sprinkle the hair while it is Combing, with the powder of Cloves, Roses, Nutmegs, Cardamum, and Galingale, with Rose-water; also the Head being washed with the

Decoction of Beech Nut-Trees, the hair will become fair.

*6. To make the Hair Grow.*

Take Hasle-Nuts with Husks and all, and burn them to powder, then take Beech-mast, and the leaves of Anula Campani, and stamp the Herb and them altogether, then seethe them together with Honey, and anoint the place therewith, and strew the powder thereon, and this will make the hair grow.

*7. To take away Hair.*

Take the juice of Fumitory, mix it with Gum-Aratick, then lay it on the place; the hair first plucked out by the Roots, and it will never permit any more hair to grow on the place. Also anoint your head with the juice of a Glo-worm stamped, and it hath the same Virtue.

*8. For the falling of Hair.*

Take the ashes of Pidgeons-dung in Lye, and wash the Head therewith, also Walnut leaves, beaten with tears-suet, restoreth the hair that is plucked away.

*9. To make the Face fair.*

Take the flower of Beans and distil them, wash the face with the Water.

*10. For cleansing the Skin.*

If the face be washed with the Water that Rice is boddin in, it cleanseth the face, and taketh away pimples.

*11. A Water to adorn the Face.*

Take Eggs cut in pieces, Orange-peels, the roots of Melons, each as much as is sufficient, in a large Vessel with a long Neck, distil it by an Alimbeck, with a strong and careful fire.

*12. To Beautify the Face.*

Take of Cuckow-pintle a pretty quantity, bruise the thick parts with Rose-water, dry them by the sun 3 or 4 days, then pouring more rose water on it, use it.

*13. To make the face look Youthful.*

Take 2 ounces of Aquavita, Bean flower-water, and Rose-water, each 4 ounces water of water-lillies 6 ounces, mix them all, and add to them one dram of the

D. j.

White.

whitest *Tragacanth*, set it in the sun 6 days, then strain it thro' a fine Linnen-cloth: Wash your face with it in the morning, and do not wipe it off.

14. *A water to take away Wrinkles in the face.*

Take of the Decoction of Briony and Figs, each a like quantity, and wash the face with it.

15. *An excellent Water called Lac Virginis, or Virgins milk, to make the face, neck, or any part of the Body fair and White.*

Take of Alumen Plumosi, half an Ounce, and also add thereto of Camphire one ounce, of Roch Allom one Ounce and a dram, Sal Gemmi half an Ounce, of white Frankincense 2 Ounces, Oyl of Tartar 1 ounce and a half, make all these into most fine powder, and mix it with one quart of Rose-water, set it in the sun, and let it stand 9 days, often stirring it, then take Letharge of silver half a pound, beat it fine and searce it, then boyl it with White-wine Vinegar, till one third be consumed, ever stirring it with a stick, while it boyleth, then distil it by a Philter, or let it run thro' a Jelly-bag, then keep it in a Glass-Vial, and when you will use those Waters, take a drop of the one, and a drop of the other in your hand, and it will be like Milk, which is called *Lac Virginis*; wash your face or any part of your body therewith, it is most precious for the same.

16. *To take away Sun-burn.*

Take the juce of Limon and a little Bay-Salt, and wash your face or hands with it, and let them dry of themselves, and wash them again, and you shall find all the Sun-burn gone.

17. *To make the face fair.*

Boyl the flowers of Rosemary in white-wine, with which wash your Face.

18. *To clear the Skin, and make it White.*

Take fresh Boars-grease and the white of an Egg, and stamp them together with a little powder of Bayes and therewith anoint the skin, and it will clear the Visage, and make it White.

19. *To take away freckles in the face.*

Anoint your face with Oyl of Almonds, and drink  
Plaintain-water, or Anoint your Visage well and of-  
ten with Hares Blood

20. *To smooth the Skin.*

Mix Capons-grease with a quantity of Sugar, and  
let it stand a few days close Covered, and it will turn  
to a clear Oyl, with which anoint your face.

21. *To Blanch the face.*

Take the Pulp of Limons, and take out the Kernels  
and put to them a quantity of fine Sugar, distill these  
and keep the water to wash the face every night.

22. *To take away the Holes or Pits in the face, by reason  
of the Small-pox.*

For helping of this Accident I have tried many  
things, and the best means I have found, is to wash the  
face one day with the distilled water of strong Vine-  
gar, and the next day with the water wherein Bran  
and Mallows have been Boyled, and continue this 20  
days or a Month together.

23. *For the redness of the hands or the face, after  
the Small-pox.*

Take Barley, Beans, Lupines, of each one handful,  
bruise them all in a Morter grossly, and boyl them in  
3 pints of Water till it grow thick like a Jelly, then  
strain it, and anoint the face and hands 3 or 4 times a  
day, for 3 or 4 days together, and then wet the face  
and hands as often with this water following.

24. *Another.*

Take Vine-leaves 2 handfuls. Bean flower, Dragon,  
Wild-Tansie, of either one handful Camphire 3 drams  
2 Calves feet, the pulp of 3 Limons, a pint of raw  
Cream, shred the Herbs small, as also the Limons, and  
break and cut the Calves-feet small; then mix them  
together, and distill them in a Glass still, and use it.  
Also the water of May-dew is excellent good for an  
high Colour, or Redness in the face.

25. *For Pimples in the face.*

Wash your face with warm-water when you go to  
Bed,

Bed, and let it dry ; Then take the white of an Egg and put into it a Saucer, and set it upon a chafing-dish of Coals, and put it into a piece of Allom ; beat it together with a spoon, till it become thick, then make a round Ball, and therewith anoint the face where Pimples are.

26. *For Morpew or Scurf, of the Face or Skin.*

Take of brimstone beaten into powder 2 ounces mix it with as much black soap that stinketh, and tye same in a linnen cloth, and let it hang in a pint of strong wine Vinegar, or red-rose vinegar, for the space of 8 or 9 days, and wash the scurf, dipping the cloth in the vinegar, rubbing it therewith, and let it dry of it self.

27. *For heat and swelling in the Face.*

Boyl the leaves or blossoms of Rosemary, either in white-wine or fair-water, and use to wash thy hands and face therewith, and it will preserve thee from all such inconveniencies, and also make both thy face and hands very smooth.

28. *For a Red Face.*

Take brimstone that is whole, and Cinamon, of either of them an even proportion by weight, beat 'em into small powder, and searse it through a fine cloth upon a sheet of white Paper, to the quantity of an ounce or more, and so by even proportions in weight, mingle them together in clean clarified Capons-grease, and temper them well together till they be well melted, and put to it a little Camphire, to the quantity of a Bean, and so put the whole Confection into a Glass and use it.

29. *To take away Pimples.*

Take Wheat-flower mingled with Honey, and Vinegar, and lay it upon them.

30. *An Excellent Oynment for an inflamed Face.*

Take an ounce of the oyl of Bays, and an ounce of Quick silver, and put them in a Bladder together with a spoonful of fasting spittle, and then rub 'em well together that none of the quick-silver be seen, take this Oynment when it is made and anoint the face therewith, and it will heal it well and fair, Proved true.



## 31. For a rich Face.

Take 3 yolks of Eggs raw, as much in quantity of Fresh-butter, or Capons-grease without salt, Camphire two Penny-worth, red Rose-water half a Pint, two grains of Civet, and boyl all these together in a Dish, then strain them through a clean Cloth, and set it to cool, and take the uppermost, and use it.

## 32. To make the skin white and clear.

Boyl 2 ounces of French Barley in 3 Pints of Confit-water, change the water and put in the Barley again; and do this till your Barley do not discolour the Water, then boyl the last 3 Pints to a quart, then mix half a pint of white-wine therein, and when it is cold, wring the juice of 2 or 3 good Limons therein, and use it for the Morpew, heat of the Face, and to clear the Skin.

## 33. An excellent Pomatum to clear the Skin.

Wash Barrows-grease or Lard oftentimes in May dew, that hath been clarified in the Sun till it be exceeding white; then take Marsh Mallow-roots, scraping off the out-sides, make thin slices of them, and mix them, set them to macerate in a Balneo, and scum it till it be clarified, and will come to rope, then strain it, and put now and then a spoonful of May dew therein, beating it till it be thorough cold in often change of May-dew, then throw away that dew, and put it in a glass, covering it with May dew, and so keep it for your use.

## 34. To take away Spots and freckles from the face and Hands.

The sap that issueth out of a Birch-tree in great abundance, being opened in March or April, and a glass receiver set under it to receive it: This cleanseth the skin excellently, and maketh it very clear being washed therewith. This sap will dissolve Pearl, a secret not known to many.

## 35. To take away freckles and Morpew.

Wash your face in the wain of the Moon with a Sponge; Morning and Evening with distilled water of Elder.

Elder-Leaves, letting it dry on the skin, you must distill your water in *May*. This I had from a Traveller, who hath cured himself thereby.

36. *To make the Teeth White and Sound.*

Take a quart of Honey, and as much Vinegar, and half so much White-wine, boyl them together, and wash your Teeth therewith now and then.

37. *A Dentifrice to Whiten Teeth.*

Take of Hartshorn and Horses-teeth, of each 2 ounces, Sea-shells, common Salt, Cypress-nut, each one ounce, burn them together in an Oven, and make a powder, and work it up with the Mucilage of Gum Tragagant, and rub the Teeth therewith.

38. *To make the Teeth as white as Ivory.*

Take Rosemary, Sage, and a little Allom and Honey, and boyl them together in a little fair running-water, and when it is well boyled strain out the fair-water, and keep it in a Glass, and use it sometimes to wash your Mouth and Teeth therewith, and it will make them clean: Also wash your Teeth with the Decoction of Lady-Thistle Root, and it will cleanse and fasten the Teeth, and the sore Gums make whole. Also the root of Hore-hound drank or chewed fasting, doth quickly heal the Gums, and maketh the Teeth clean; Straw-berry-leaves also cleanseth the Teeth and Gums, a sure and tryed Experiment.

39. *To make the Teeth White.*

Take one drop of the Oyl Vitrol, and wet the Teeth with it, and rub them afterwards with a course cloth, altho' this Medicine be strong, fear it not.

40. *For a stinking Breath.*

Take 2 handfuls of Cummin, and stamp it to powder, and boyl it in wine, and drink the syrup thereof Morning and Evening, for 15 Days, and it will help Proved.

41. *To make Breath sweet.*

Wash your mouth with the water that the shells of Citrons have been boyled in, and you will have a sweet Breath.

*42. To sweeten the Breath.*

Take Butter and the juice of Fetherfew, and temper them with Hooey, and take every day a spoonful. To these things sweeten the Breath, the Electuary of Aromaticks, and the peel of Citrons.

*43. To cleanse the Mouth.*

It is good to cleanse the mouth every Morning, by rubbing the Teeth with a sage Leaf, Citron peels or with powder made with Cloves and Nutmegs; forbear all meats of ill Digestion, and raw fruits.

*44. For running in the Ears.*

Take the juice of Elder, and drop it into the ear of the party grieved, and it cleanseth the matter and the filth thereof, also the juice of Violets used, is very good for the running of the Ears.

*45. For Eyes that are Blood shot.*

Take the roots of red Fennel, stamp them and wring out the juice, then temper it with Clarified Honey, and make an Oyntment thereof, and anoint the Eyes therewith, and it will take away the Redness.

*46. To make the Hands White.*

Take the flower of Beans, of Lupines, of Starch-Corn, Rice, Orice, of each six ounces, mix them and make a powder, with which wash your hands in water.

*47. A delicate Washing ball.*

Take 3 ounces of Orice, half an ounce of Cypress, 2 ounces of Calamus Aromaticus, 1 ounce of Rose Leaves, 2 ounces of Lavender-flowers, beat all these together in a Morter, searceing them thro' a fine searce, then scrape some Castle-soap, and dissolve it in Rose-water, mix your powders therewith, and beat them in a Morter, then make them up in Balls.

*48. For the Lips Chapt.*

Rub them with the sweat behind your Ears, and this will make them smooth and well coloured.

*49. To prevent marks of the Small-pox.*

Boyl Cream to an Oyl, and with that anoint the whales with a Feather, as soon as they begin to dry, and keep the scabs always moist therewith; let your face be anointed almost every half hour.

50. *To take away Child blains in hand or feet.*

Boyl half a peck of Oats in a quart of Water, till its dry, then anoint your hands with Pomatum, and after they are well Chafed, hold them within the Oats as hot as you can endure them, covering the bowl wherein you do your hands with a double cloth to keep in the steam of the Oats, do this 3 or 4 times and it will do.

51. *To take away Pock-holes or spots in the face.*

Wet a cloth in white-rose-water, and set it all night to freeze in the winter, then lay it upon your face till it be dry, also take 2 or 3 Poppies, the reddest you can get, and quarter them taking out the Kernel, distil them in a quart of Red-Cows-Milk, and with the water wash your face.

52. *An excellent Beauty Water used by the D. of C.*

Take of white Tartar 2 drams, Camphire 1 dram, Coperas half a dram, the whites of 3 or 4 Eggs, the juice of a couple of Limons, Oyl of Tatar 4 ounces, and as much Plantain-water, white Mercury a Pennyworth, 2 ounces of bitter Almonds; beat all these to powder, and mix them with the Oyl and some water, and then boyl it up on a gentle Fire, strain it, and so keep it; when you use it, you must rub your face with a Scarlet-cloth, and at night wash your face with it, and in the Morning wash it off with Bran and White-wine.

53. *Against a stinking Breath.*

Take a handful of Wood-lime, and as much Plantain, bruise them very well, then take a pint of Eve-salt, and as much Water, with a little Honey and Allom; keep all these waters together in a Glass, and wash your mouth well therewith, and hold it in your Mouth, and it will destroy all Cankers, and Cure a stinking Breath, and preserve the Teeth from Rot-tenness.

54. To procure an Excellent Colour and Complection to the face, used by the C. of S.

Take juice of Hyssop, and drink it in a morning fasting, half a dozen spoonfuls in Ale warm, it will procure an excellent colour, is good for the Eye-sight, destroyeth Worms, and is good for the Stomach, Liver and Lungs.

55. To keep the Teeth white, and kill Worms.

Take a little salt in a morning fasting, and hold it under your Tongue till it be melted, and then rub your Teeth with it.

56. To procure Beauty, an excellent Wash.

Take 4 ounces of Sublimate, and one ounce of Crude Mercury, and beat them together exceeding well in a Wooden Mortar, and wooden Pestle; you must do it at least 6 or 8 hours, then with often change of cold Water, take away the salts from the sublimate, change your water twice every day at least, and in 7 or 8 days it will be dulcified, and then it is prepared; lay on with Oyl of white Poppy.

57. A beauty-water for the face, by Madam G.

Take Lye that is not too strong, and put 2 peels of Oranges, and as much Citron-peel, Blossoms of Camomile, Bay-leaves and Maiden-hair, of each a handful, of Agrimony 2 or 3 ounces, of barley-straw chopt in pieces a handful, as much Fenugreek, a pint of Vine-leaves, 2 or 3 handfuls of Broom-blossoms; put all these into the Lye, and mingle them together, and so wash the Face therewith, put to it a little Cinamon and Myrrh, let it stand, and wash your face therewith every Evening. It is good to wash the Head, and to comfort the brain and memory.

58. Against stink of the Nostrils.

Take Cloves, Ginger and Calamint, of each a like quantity, boyl them in white-wine, and therewith wash the Nose within; then put the Powder of Piritrum to provoke one to sneeze, If there be Phlegm in the head, you must Purge the Head with Pills of Colchie, or of Hiera-picra: Or if the stink of the Nose come from the stomach, Purge first.

59. To



# *Beautifying Waters;*

59. *To make the Hands White.*

To make the Hands White and Soft, take Daffodil in clean Water till it grow thick, and put there powder of *Centarium*, and stir them together, then Put thereto raw Eggs, and stir them well together, and with this Oyntment anoint your hands, and with in 3 or 4 days using thereof, they will be white and clear.

60. *A sweet Water for the Hands.*

Take of the Oyl of Cloves, Mace or Nutmegs, 3 or 4 drops only, and mingle it with a pint of fair-water stirring them a pretty while together in a Glass, having a narrow Mouth, till they are pretty well mingled together, and it will be very sweet water, and it will cleanse and whiten the hands very much.

61. *For Heat and Worms in the Hands.*

Bruse a little Chick-weed, and boyl it in running water, till half be wasted away, and wash your hands in it as hot as you can suffer it, for the space of six-days, and it will drive away the heat or Worms in the Hands.

62. *To make the Nails Grow.*

Take wheat-flower and mingle it with Honey, and lay it to the Nails, and it will help them.

63. *For Nails that fall off.*

Take Powder of Agrimony, and lay it on the place where the Nail was, and it will take away the Aching, and make Nails grow:

64. *For Cloven Nails.*

Mingle Turpentine and Wax together, and lay it on the Nail, as it groweth cut it, and it will heal.

65. *For Nails that are rent from the flesh.*

Take some Violets and stamp them, and fry them with Virgins-wax and Frankincense, and make a Plaster, lay it to the Nail and it will be whole.

66. *Another.*

Anoint your fingers with the powders of brimstone Arsnick, and Vinegar, and you shall find great ease.

67. For Stench under the Arm-holes.

Daffodill first pluck away the hairs of the Arm-holes, and  
there wash them with White-wine and Rose-water, where-  
ever, that you have first boyled Cassia Lignum, and use it 3  
together times.

68. For the Yellow-Jaundice.

Take the juice of Worm-wood and Sorrel, or else  
take them in Syrup, and drink it at Morning.

69. To take away Warts from the hands or face.

Take Purslain and rub it on the Warts, and it ma-  
ir-wash them fall away; also the juice of the Roots of  
Is, haushes applyed healeth them.

70. To smooth the skin from Morpew or freckles.

Anoint the face with the blood of a Hare or Bull,  
and this will take away Morpew or Freckles, and  
smooth the skin.

71. For taking away spots in the face after the Small-  
Pox.

Mix the juice of Limons with a little Bay-salt, and  
touch the spots therewith oftentimes in a day, for it  
excellent good.

72. A good Oyntment for the same.

Take Oyl of sweet Almonds, Oyl of White-Lillies;  
either one ounce; Capons-grease, Goats-tallow, of  
each 4 drams, Litharge of Gold one dram and a half,  
Roots of Briony and Ireos, of either one Scruple, Su-  
ar-Candy white one dram, make powder of all those  
that may be brought into powder, and searce them,  
then put them all in a Morter together, beat them to-  
gether, and in the working put thereto Roses, Bean-  
flower, and white Lilly-water, of each a good spoon-  
ful, put it by little and little, and so work them to-  
gether till they become an Oyntment; anoint your  
face and hands with it every Evening, and in the  
Morning wash it away in Water boyled with Barley,  
Wheaten-bran, and with the seeds of Mallows.

73. A Beauty-water.

Take of Bean-flowers 6 handfuls, Limon-water one  
pint, Lilly-roots 8 ounces, Bean-flower a pound, Gum-  
Ara-

Arabick, and Tragacanth of each one ounce, distill these together, and wash the face therewith.

*74. Another Approved.*

Take of distilled Turpentine 2 pound, Frankincense 3 ounces, Mastick, Dragon's-blood, of each half ounce, powder them and mix them with Turpentine water, and distil them again, then take of fresh Hoggrease melted one pound, 2 drams of Cloves, 3 Nymegs, Gold one dram. Silver 2 drams, powder them finely, and distil them in an Alimbeck.

*75. To take away freckles and scars in the face.*

Take of Aqua-vitæ four times distilled 3 parts, the tops of Rosemary-flowers 2 parts, steep them together a day and a night, in a vessel well stopp'd, then distill them.

*76. To make the face fresh and ruddy.*

Use the shavings of Brazzel-wood dissolved in Rose-water, with a little Camphire added thereto, and you will find it very effectual to make a good Colour and Complection.

*77. To make the face Youthful.*

Take 2 Calves-feet, River-water 9 Quarts, boyl them till one half be wasted, then add one pound of Rice, the crumb of a penny-loaf softned in Milk, fresh Butter, whites of Eggs with their shells, mix them all and boyl them, and distil all the water from them, to which add at last Camphire, and Sugar, each a little and it will be excellent.

*87. A Water to winen the Skin, and take away Sunburn.*

Take of Rain-water, the juice of unripe Grapes each a like quantity, boyl them together till one half be consumed, then whilst it boyls add so much juice of Limons as was boyled away before, when it is boyled then take it off, and add 4 whites of Eggs after it is cold, and keep it for use.

*79. To clear the face.*

Take of Lilly-roots roasted under the Ashes, one pound, bruise them in a Mortar, to which add Sugar-Candy

dy 3 ounces, make an oyntment to apply to the  
ce.

80. *To take away Ring-worms in the face.*

Take of Vinegar of Squills 2 ounces, Aloes, the  
ce of fower Dock, Oyl of Tartar, of each 3 drams,  
ke a Leniment.

81. *An oyntment for Beautifying the face.*

Take of Citron Oyntment fresh made 3 ounces,  
weet Almonds very well bruised, flowers of Beans  
each one dram, the bone of the fish Sepia, Harts-  
en, Barley-flower, each 2 drams, incorporate them  
with Honey.

82. *Another excellent Beautifier.*

Take of Pomatum 2 ounces, Citron oyntment 4  
nces, mix and anoint the face therewith night and  
orning, and afterwards wash your face with Bean-  
wer-water.

83. *An oyntment to illustrate the face.*

Take the oyl of the Marrow of a Hart 2 ounces,  
yl of Gourd-seed 1 ounce, Goats-fat, washt Turpen-  
ne, each half an ounce, new wax 3 drams, melt them  
the fire, then add Mastick, Borax burnt, each two  
ams, mix them and make an unguent, with which  
oint the face at Night, and in the Morning wash it  
with Bran-water.

84. *To Curl the hair.*

Take a quantity of Pine-Kernels burnt and beat to  
owder, mix them with Oyl of Myrtles, make an  
yntment therewith, and anoint the Head.

85. *To make the hair Black.*

Take the juice of red Poppy, the juice of green  
uts, Oyl of Myrtles, Oyl of Costmary, each one  
art, boyl it a while and anoint the hair therewith.

86. *An excellent Beautifier for the face, used by the  
Venetian Ladies.*

Take of burnt Tartar half a pound, powder it and  
ry it as they do Salt, then take that Salt and put it  
within the whites of Eggs boyled.

87. *To*

87. *To Cure a Red-face.*

Take 4 ounces of Peach-Kernels, Goard-seed, Ounces, bruise them, and make an Oyl to anoint face Morning and Evening.

88. *To increase the Hair.*

Take the seeds of *Marsh-mallows*, a sufficient quantity, boyl them in common Oyl, with which anoint the Hair. Also the Oyl of Earth-worms doth increase the Hair.

89. *To make the Breasts small.*

Take of *Roch Allom* powdered, and Oyl of Rose each a like quantity, mix them together, and anoint the Breasts therewith.

90. *To take away the wrinkles of the face.*

Take Oyl of *Turkey miller*, and the decoction of *Berry* of the same, and it will mollify and consolidate Wrinkles. Also Oyl of Nuts is very good for the same.

91. *To cleanse the Body and make it comely.*

Take of Sage, Lavender-flowers, Rose-flowers, each two handfuls, a little salt, boyl them in water or Lye, and make a Bath not too hot, in which bathe the Body 2 hours before Meate.

92. *A sweet-scented Bath for Ladies.*

Take of *Roses*, Citron-peels, Citron flowers, Orange-flowers, *jasmine*, bays, *Rosemary*, Lavender, Mint, Penny-Royal, each a sufficient quantity, boyl them together gently, and make a Bath, to which add Oyl of Spike 6 drops, Musk 5 grains, Ambergrease 3 grains, sweet *Alfa* 1 ounce, let her go into the bath 2 hours before meate.

93. *To make the Body fat and comely.*

Take of Milk and Spring-water, each one pint, boyl them together till the water be consumed, then add Sugar of Penedies, fresh-butter, each one ounce, Oyl of sweet Almouds newly drawn. half an ounce, give them one boyling more, and so let it be taken betimes in a morning fasting, and sleep upon it.



## 94. To starch Tiffanies or Lawns.

You must soap your Tiffany on the Hems or Laces  
 ly with brown soap, then wash them very well in  
 lathers pretty hot, and let your last Lather be made  
 of Soap, do not rince them nor wring them  
 rd, then dry them over brimstone, and keep them  
 the time from the Air, for that will spoil them,  
 en make your starch of a reasonable thickness, and  
 ue it as you please, and to a quarter of a pound of  
 arch, put as much *Allom* as a *Hasel-nut*, boyl it very  
 ell and strain it, and while it is hot wet your Tiffa-  
 nes with it very well, and lay them in a cloth to keep  
 them from drying, then with your hands clean and  
 ry them, then hold your Tiffanies to a good fire till  
 ey be thorough hot, then clap them and rub them  
 etween your hands from the fire, till you see they  
 e very clear, then shape them by a piece of Paper,  
 ut out by them before they are washed, and Iron  
 hem with a good hot Iron, and then they will look  
 glossy like new *Tiffany*. And so you also starch Lawns,  
 nly remember to Iron them upon a Cloth wetted  
 and rung out again, and turned on the wrong side, and  
 instead of starch, you may sometimes use Gum Arabick  
 n Water, and when it is dissolved, wet the Lawns in  
 hat instead of starch, and hold them to the fire as  
 foresaid, clapping and rubbing them till they are  
 very clear.

## 95. To make clean Gold and Silver Lace.

You must pull off your Lace from your Garment,  
 and being laid on a clean Table, take a little burnt  
*Allom* beaten very fine, and with a small brush rub it  
 all over very well, till you find it comes to its colour,  
 then shake it, and wipe it very well over oftentimes,  
 with a clean Linnen cloth.

## 96. To cleanse all sorts of Silver Plate.

Wash your Plate in Soap suds, and dry it very well,  
 and if any spots remain, take salt and Vinegar, and rub  
 them out, then daub your Plate all over with Chalk  
 and Vinegar, and lay it before the fire, or in the sun

to dry; then rub it off with warm Linnen Cloths very well, and it will look like new.

*97. To wash Silk Stockings.*

Make a strong Lather with Soap, and pretty well then lay your Stockings on a Table, and take a piece of such Cloth as the Seamen use for their sails, double them up and rub them soundly with it, turn them first on the one side, and then on the other, till they have passed through 3 Lathers, then rinse them well, and hang them to dry with the wrong side outwards, and when they are near dry, pluck them out with your Hands, and smooth them with an Iron on the wrong side.

*98. To make clean Points and Laces.*

Take new White-bread and pare off the Crust, then lay your points upon a clean Cloth on the Table, and rub the White-bread all over upon them, and afterwards rub it over again with a small clean brush, and the Crumbs of Bread, till you have rub'd it very clean, then cleanse it from the Bread, and gently slap it over with a clean Linnen-cloth; in the same manner you may take off the soil from Tabbey, Taffery, or white sattin, or any other Coloured, if it be not too much soil'd and greasy.

*99. To get Ink-spots out of Linnen.*

As soon as any such accident happens, lay it immediately in Urin, and there let it lye all night, and the next day wash it out again, and in so doing 2 or 3 times, you will find the spots and stains quite gone.

*100. To take spots of grease, out of silk, stuff or cloth.*

Wet a linnen rag in fair Water, and then put a live Wooden, or Sea-coal upon it, and close it up about the Coal, and presently lay it upon the greasy spot while it is smoaking hot, and when you perceive it to cool, do so again till the spots are taken out.

*101. To take away the stains of Linnen-cloth, caused by any sort of fruit.*

Take any of your garments so stained before they are washed, and rub every spot thereof very well with

little Butter, then let it lye a little while in the scalding hot Milk, and when it is cooled, rub the spotted places in the Milk till they are quite out, and then wash it out with Water and Soap.

104. To wash White Sarsenet.

First take your Sarsenet and spread it very smooth, and strait upon a board, and spread Soap upon those places that are soiled, and afterwards take a hard brush that is small, and dip it in water, and make an indifferent thick Lather, and with the brush rub your Sarsenet well with it the right way of the Silk, and when one side is well washt, wash the other also, then make a clean Lather scalding hot, and put in your Hoods double into it, and cover it up, and so fast as you wash them into it, give them 3 good washes upon the Board, and after the first Lather let the rest be very hot, and cast them in a scald every time, then make up a scalding-hot Water, and after you have steeped some water of Gum Arabick, put it therein, adding thereunto some Malt to blue it a little, let the Hoods be doubled up therein, and close covered for an Hour, and when you take them out, dip them very well all over, and fold them up in a very small Compass, and smooth them very well betwixt your Hands, till they be more than dry, after you have smoothed them over Brimstone, then smooth them with hot Irons the way that you washed them, and upon the right side of the Sarsenet.

105. To wash black Sarsenet.

Wash them, the same with the other, only Rinse them in small-beer, without any Gum, and Iron them upon a Woolen-Cloth, on the wrong side.

106. To wash coloured Silks.

They must be washt the same way with the white Sarsenet only you must not use any blue with them neither must you smoak them over Brimstone, but in all things else you must do as in the white Sarsenet.

107. To Embroider Belts, Bodices or Petticoats.

Get your Butter drawn, and then form it about with what you like best, black Gimp or other, and fill up the

under parts and Leaves with *Saxon stitch*, some Light and some Darker, and let the upper parts and seed of flowers be done with high Work, as *Purple stitch* or others, and let the stalks be all alike, with a great Gimp twisted, you may make your flowers of what fancy you please, in shadows, and being well shadowed, they will appear very natural.

108. *To Wash and Starch Points.*

You must first put your *Points* into a Tent, then take very good Soap, and make a strong Lather therewith, then take a small Brush and dip it therein, and therewith rub your Point very well on both sides, and continue so to do, till you have washed it in 4 Lathers, and then wash it in fair water only, and afterwards in blue water, and then take some Starch that is made thin with water, and wash it over on the wrong side with your Brush, and so let it dry, then lay it upon a Table, and with an Ivory Bodkin made for that purpose, open it in the closest and narrowest parts thereof, then open the Gimp, and overcast, and also the Islet-holes, and when they are thus opened you must Iron them on the wrong-side, but before your water be warm that you make your Lather with, and let not your water, with which you wash them be too blue.

*The Compleat Cook's Guide, or Directions for the Dressing of all Flesh, Fowl and Fish, both in the English and French Mode; with the preparing of all manner of Sauces and Sallads proper thereto.*

Together with the making of all sorts of Pyes, Pasties, Tarts and Custards; with the Forms and Shapes of many of them. With Bills of Fare, both for Ordinary and Extraordinary.

1. *To make a Lamb-Pye.*

First cut your Lamb into pieces, and then season it with Nutmegs, Cloves and Mace, and some Salt, with

with Currans, Raisins of the Sun, and Sweet Butter ;  
 and if you will eat it hot, when it is baked, put in  
 some Yolks of Eggs, with Wine-Vinegar, and Sugar  
 eaten together, but if you would eat it cold, put in  
 no Eggs, but only Vinegar and Sugar.

2. *To make a Rice Pudding.*

Take thin Cream or good Milk, of what quantity  
 you please, boyl it with a little Cinamon in it, and  
 when it hath boyled a while, take out the Cinamon,  
 and put in Rose-water and Sugar enough to make it  
 sweet and good ; then having your Rice ready beaten  
 as fine as flower, and searced as some do it, strew it in,  
 till it be the thickness of a Halting-pudding, then pour  
 it into a dish and serve it.

3. *To make Cheefe-cakes the best way.*

Take 2 Gallons of New-milk, put into them two  
 spoonfuls and a half of Runnet, heat the Milk little  
 less than blood-warm, cover it close with a Cloth, till  
 you see the Cheefe be gathered, then with a scum-  
 ming-dish gently take out the Whey, when you have  
 scum'd the Whey as clean as you can, put it into a  
 Sieve, and let it drain very well there ; then to two  
 quarts of Curds, take a quart of thick Cream, a pound  
 of sweet Butter, 12 Eggs, a Pound and half of Currans,  
 a Penny-worth of Cloves, Nutmegs and Mace beaten,  
 half a pound of good Sugar, a quarter of a pint of rose-  
 water; mingle it together, and put it into a puff-paste.

4. *To make an Egg Pye, or Mince Pye of Eggs.*

Take the Yolks of two dozen of Eggs hard boyled,  
 shred them, take the same quantity of Beef-suet, half  
 a pound of Pippins, a pound of Currans well wash'd  
 and dry'd, half a pound of Sugar, a Penny-worth of  
 beaten Spice, a few Carraway seeds, a little Candied  
 Orange-peel shred, a little Verjuice and Rose-water,  
 fill the Coffin and bake it with gentle heat.



*The Compleat*5. *To Carbanado Mutton.*

Broyl a Shoulder or Breast of Mutton, then scotch them with your Knife, and strew on minc'd Thyme and Salt, and a little Nutmeg, when they are Broyled dish them up: The Sauce is Claret-wine, boyled up with Onions, a little Camphire, and Capers with a little Gravy, Garnish'd with Limons.

6. *To stew a Pheasant French Fashion.*

Roast your Pheasant, till it be half Roasted, then Boyl it in Mutton Broth, and put into the Broth whole Pepper, whole Mace, Onions and Vinegar, and make it sharp, and put in Pruans and Currans, and colour your Broth with bruised Pruans:

7. *To make Bisket Bread.*

Take half a Peck of fine flower, 2 ounces of Anniseeds, 2 ounces of Coriander-seed, the whites of Six Eggs, a pint of Ale-yeast, with as much warm-water as will make it up into a Paste, to Bake it in a long Rowl, when it is 2 days old, pare it, and slice it, then sugar it and dry it in an Oven, and keep it all the year

8. *To make a Dish of Marrow.*

Take a pint of fine Paste and roul it very thin, then take the Marrow all as whole out of the Bones as you can, and cleave it into 4 quarters, then take it and season it with a little Pepper, Salt, Sugar, and Dates small Minced, then lay one piece to your Paste, and make it up like a Pescod, so make half a Dozen of 'em, and fry them with Clarified Butter, scrape sugar on, and serve them.

9. *To make a Herring Pye.*

Put grear store of sliced Onions with Currans and Raisins of the Sun, both above and under the Herrings, and store of butter, and put them into your pye, & bake 'em.

10. *To make Black Puddings.*

Take a quart of sheeps-blood, and a quart of Cream, 10 Eggs, the Yolks and the whites beaten together stir all this Liquor very well, then thicken it with grated bread and Oat meal finely beaten, of each a like quantity, Beef suet finely shred, and Marrow in little Lumps, season it with

with a little Nutmeg, Cloves and Mace mingled with salt, a little sweet Marjoram, Thyme, and Penny-royal shred very well together, and mingle them with the other things: Some put in a few Currans, then fill 'em with Clarified Guts, and boyl them very carefully.

11. To make a good Spanish Olio.

Take a Rump of Beef, or some of a Brisket or Buttock cut it to pieces; a Loyn of Mutton with the fat taken off, and a fleshy piece of a Leg of Veal, or Knuckle, a piece of Enterlarded Bacon, 3 or 4 Onions or some Garlicke, and if you will a Capon or 2, or else 3 great Tame Pigeons. First put into the water the beef and bacon, after a while the Mutton, Veal and Onions, but not the Capons or Pigeons, only so long till they are boyled enough, if you have Garavanza's put them in at the first, after they have been soaked with Ashes, all night in heat, wash them well with warm-water, or if you have Cabbage-Roots, Leeks, or whole Onions, put them in time enough to be sufficiently boyled. You may at first put in some Crusts of Bread, or Vension Pye-crust, it must boyl in all 5 or 6 hours gently, like stewing: After it is well boyled, a quarter or half an hour before you intend to take it, take out a Porringer full of Broth, and put to it some Pepper, and 5 or 6 Cloves, a Nutmeg and some Saffron, and mingle them well in it, then put that into the Pot and let it boyl, or stew with the rest a while, put in a bundle of sweet herbs, salt must be put to it when it is scum'd.

12. To Stew Venison.

If you have much Venison, and do bake many cold baked Meats, you may stew a dish in haste thus, When it is sliced out of your Pre, Pot or Pasty, put it in your stewing Dish, and set it on a heap of Coals, with a little Claret-wine, a sprig or two of Rosemary, half a Dozen Cloves, a little grated Bread, Sugar and Vinegar, so let it stew together a while, then grate on Nutmeg, and dish it up.

13. To boyl a Leg of Veal and Bacon.

Lard your Leg of Veal with Bacon all over, with a little

little Limon-peel amongst it, then boyl it with a piece of middle-bacon, when bacon is boyled cut it in slices season it with Pepper and dried Sage mixt together, dish up your Veal with Bacon round about it, send up with it, saucers of green Sauce, strew over it Parsley and Barberries.

14. *To make Furmety.*

Take French Barley and pick it, and wash it, lay it in steep one night, then boyl it in 2 or 3 several waters, and so cover it as you do wheat, to make it smell, then take a quart of good Cream, and boyl it with a Race of Ginger cut in two pieces, one blade of Mace, and half a Nutmeg all in one piece, then put thereto so much of the barley as will thicken it, and when it is almost boyled, stir in 2 or 3 yolks of Eggs, well beaten, and so strained with a few beaten Almonds and Flower, or five spoonfuls of Rose-water, then take out the whole Spices and season your Furmety with Salt, and sweeten it with Sugar, and so serve it.

15. *To make a Pig pye.*

Flea your Pig, and cut it into pieces, and season it with Pepper, Salt, Nutmeg and large Mace, lay into your Coffin good store of Raisins of the Sun, and Currans, and fill it up with sweet Butter and close it, serve it hot.

16. *To make a Neats-foot Pye.*

First boyl your Neats-foot and take out the bones, then put in as much beef-suit as in quantity thereto, and so mince them, then season them with Cloves, Mace, Nutmeg, Sugar, and Salt, and put into your Coffin with some Barberries, Currans, and Raisins of the Sun, then bake it and always serve it hot.

17. *To make an Orangado Pye.*

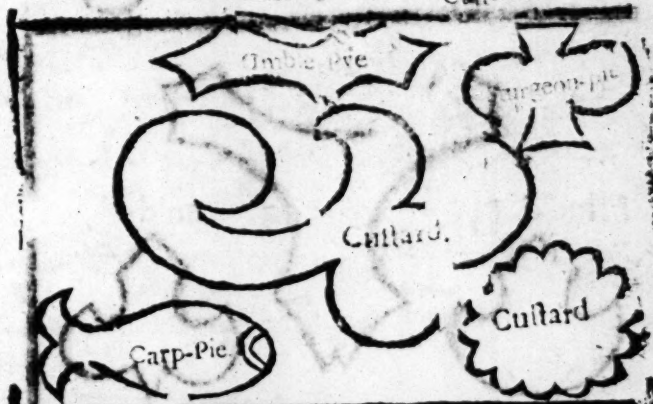
Make a handsome thin Coffin, and hot butter'd paste, slice your Orangado, and put over the bottom of it, then take some Pippins, and cut every one into eight parts and lay them in also upon the Orangado, then pour some syrup of Orangado, and Sugar on the top, and so make



Double

Border

Custard

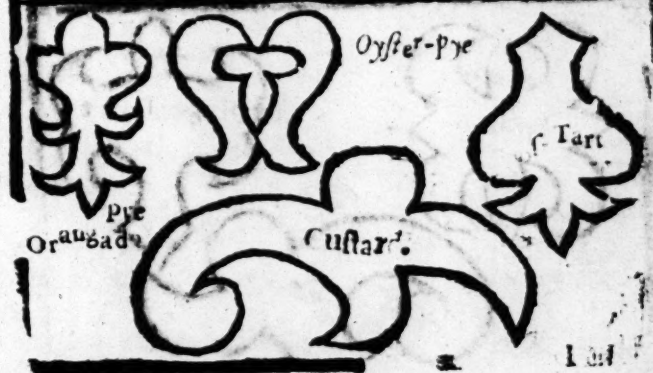


Double Pie

Custard

Carp-Pie

Custard



Oyster-Pie

Tart

Custard

Pie  
Orange

Lumber-  
PyeChicken  
Pye.

Minc'd-Pye.

Tongue-Pye.

Lumber-pye

Minc'd-Pye.

Minc'd-Pye.

Custard.

Pec'd Tart

Custard.

ake i  
rapeBoy  
epper  
ye.Cut  
oulin  
Thym  
nd o  
ir itTak  
er, 6  
ounce  
nd bPic  
Wate  
you  
Quar  
water  
with  
a whi  
s colBo  
Calle  
and s  
then  
and flSo  
the b  
Nutm  
lay a  
up l



ake it up, and bake it, and serve it up with sugar  
raped on it.

18. *To make a Pork Pye.*

Boyl your Leg of Pork, season it with Nutmeg,  
Pepper and Salt, and bake it five Hours in a round  
pye.

19. *To make a Fricacie of Veal.*

Cut your Veal into thin slices, beat it well with a  
puling-pin, season it with Nutmegs, Limon and  
Thyme, fry it slightly in the Pan, then beat 2 Eggs,  
and one spoonful of Verjuice, put it into the Pan,  
stir it together, fry it and dish it.

20. *To make a Quince Pye.*

Take a gallon of Flower, a pound and half of But-  
ter, 6 Eggs, 30 Quinces, 3 pound of Sugar, half an  
ounce of Cloves and Rose-water, make them into a Tart  
and being baked, stew on double refined Sugar.

21. *To make a Goose-berry Fool.*

Pick your Goose-berries, and put them into clear  
Water, and boyl them till they be all as thick that  
you cannot discern what it is, to the quantity of a  
Quart, take 6 Yolks of Eggs well beaten with Rose-  
water, before you put in your Eggs, season it well  
with Sugar, then strain your Eggs, and let them boyl  
a while, put it in a broad-dish, and let it stand till it  
is cold, and serve it.

22. *To make a Tart of Green-Pease.*

Boyl your Pease tender, and pour them out in a  
Callender, season them with Saffron, Salt, sweet butter  
and sugar, then close it, and let it bake almost an hour;  
then draw it forth and Ice it, put in a little Verjuice,  
and shake it well, then scrape on sugar and serve it.

23. *To slice an Eel.*

Souce an Eel with a handful of Salt, split it down  
the back, take out the Chine-bone, season the Eel with  
Nutmeg, Pepper, Salt, and sweet Herbs minc'd; then  
lay a Pack-Thread at each end, and the middle roll  
up like a Collar of Brawn, then boyl it in Water,

E

Salt;

Salt and Vinegar, a blade or two of Mace, and half a slice of Limon, boyl it half an hour, keep it in the same Liquor 2 or 3 days, then cut it out in round pieces, and lay 6 or 7 in a dish with Parsley and Bay berries, and serve it with Vinegar in Saucers.

24. To make a Bacon Tarr:

Take a quarter of a Pound of the best *Jordan Almonds*, and put them in a little warm-water to blanch them, then beat them together in a Mortar with 3 or 4 spoonfuls of *Rose-water*, then sweeten them with fine Sugar, then take Bacon that is clear and white, and hold it upon the point of a Knife, against the fire, till it hath dropt a sufficient quantity, then stir it well together, and put it into the Paste and Bake it.

25. To make an Umble-Pye.

Lay Beef-suet minc'd in the bottom of the Pye, of slices of interlarded Bacon, and cut the Umble as big as a small Dice, cut your Bacon in the same form, and season it with Nutmeg, Pepper and Salt, fill your Pye with it, with slices of Bacon and Butter, close it up and bake it: Liquor it with Claret, Butter, and striped Thyme, and so serve it.

26. To keep Asparagus.

Parboyl your Asparagus very little, and put them into clarified Butter, cover them with it, and when the butter is cold, cover them with Leather, and about a Month after refresh the butter, melt it and put it on again; then set them under ground, being covered with Leather.

27. To roast a Haunch of Venison.

If your Venison be seasoned, you must water it, and stick it with short sprigs of Rosemary; let your sauce be Claret-wine, a handful of grated Bread, Cinamon, Ginger, Sugar, a little Vinegar; boyl these up so thick, as it may only run like butter; it ought to be sharp and sweet; Dish up your meat on your sauce.

28. To Carbonado Hens.

Let your sauce be a little White-wine and Gravy, half a dozen of the yolks of hard Eggs minced, boyled

with an Onion, add to it grated Nutmeg, thicken up with the yolk of an Egg or two, with a Ladle full of drawn butter; dish up your Hens, and pour over your Sauce, strew on your yolks of Eggs minced, and garnish it with Limon.

### 29. To Fry Artichokes.

When they are boyled and sliced, fitting for that purpose, you must have your yolks of Eggs beaten with a grated Nutmeg or two; when your pan is hot you must dip them into the Yolks of Eggs, and change your Pan; when they are fryed on both sides, pour in drawn Butter; and if you will fry Spanish Potatoes, when sauce is Butter, Vinegar, Sugar and Rose-water; these for a need may serve for second Course Dishes.

### 30. To make a Hedge-Hog Pudding.

Put some Raisins of the Sun into a deep Wooden Dish, and then take some grated-bread, and one pint of sweet Cream, 3 yolks of Eggs, with 2 of the whites, and some Beef-suet, grated Nutmeg, and salt, then sweeten it with Sugar, and temper all well together, and lay it into the dish upon the Raisins, then tie a cloth about the Dish, and boyl it in Beef-broth, and when you take it up put it in a Pewter-dish, with the Raisins uppermost, and then stick Blanched Almonds very thick into the Pudding, then melt some Butter, and pour it upon the Pudding, then strew some sugar about the Dish and serve it.

### 31. To stew a Leg of Lamb.

Cut it into pieces and put it into your stewing-pan being first seasoned with Salt and Nutmeg, and as much Butter as will stew it with Raisins of the Sun, Currants and Gooseberries; when it is stewed, make a Caudel with the yolks of 2 or 3 Eggs, and some Wine-Vinegar and Sugar beaten together and put it into your Meat, and stew all a little longer together, then dish it; strew sugar on the brims and serve it hot.

### 32. To bake a Pickerel.

Boyl your Pickerel, and pull out the ribs and bones, then put it into your Paste, and season it with Pepper.

per and Salt, and put in some butter and raisins of the Sun, and so bake it.

33. To make a Hagges-Pudding.

Take a fat Hagges, parboyl it well, take out the kernels, shred it smal, and temper it with a handful of two of grated Manchet, then take 3 or 4 Eggs well beaten, Rose-water, Sugar, Cloves, Nutmeg Cinamon and Mace finely beaten, Currans and Marrow good store, temper them altogether with a quantity of Cream, being first moderately seasoned with salt.

34. To make a Dish of Meat with Herbs.

Take Sives, Parsley Thyme, Marjoram, and roast 3 or 4 Eggs hard, and a quantity of Mutton-suet, Beef or Lamb chop them fine altogether, and season it with Cloves Mace, Ginger, Sugar and Cinamon, and a little Salt, then fry them with a little sweet butter.

35. To make Cream of Eggs.

Take one quart of Cream and boyl it, then beat the whites of Eggs very well, with 2 spoonfulls of Rose-water, when the Cream is boyled enough take it off the fire, and when it is cool, stir in the Eggs with a little salt, then garnish your dish with fine sugar scraped thereon, and serve it always cold for a closing dish.

36. To make a fine Pudding in a Dish.

Take a Penny white-loaf, and pare off all the crust and slice it thin into a dish with a quart of Cream, and let it boyl over a Chafing-dish of Coals, till the bread be almost dry, then put in a piece of sweet butter, and take it off, and let it stand in the dish till it be cold, then take the yolks of 3 Eggs, and the quantity of one with some Rose-water and Sugar, and stirring them altogether put it into another dish well butter'd, and bake it.

37. To boyl Scollops.

First boyl the Scollops, then take them out of the shells, and wash them, then slice them, and season them with Nutmeg, Ginger, and Cinamon, and put them into the bottom of your shells again, with a little Butter, White-wine, Vinegar and grated Bread, let them be boyled on both sides; if they are sharp the

must have sugar added unto them, for the fish is Luscious, and sweet naturally; therefore you may boyl them with Oyster Liquor and Gravy, with dissolved Anchovies, minced Onions and Thyme, with the juice of Limon in it.

38. *To boyl Wild Ducks.*

First half roast them, then take them off, and put them in a shallow broad pan that will contain them, with a pint of *Claret-wine*, and a pint of strong broth, a dozen of Onions cut in halves, a Faggot or two of sweet Herbs, with a little whole Pepper, and some slices of Bacon, cover your pan, and let them stowe up add gravy to part of the Liquor, at least so much as will serve to dish them. Garnish them with Bacon and Onions if you please.

39. *To make a Venison Pasty.*

When you have powdered your Haunch of *Venison* or the sides of it, by taking away all the Bones and Sinews, and the skin of Fat, season it with Pepper and Salt only, beat it with your Rowling-Pin, and proportion it for the Pasty, by taking away from one part, and adding to another, your paste being made with a peck of fine Flower, and about 3 pound of Butter, and 12 Eggs, work it up with cold water into a stiff paste as you can, drive it forth for your pasty, let it be as thick as a Man's Thumb, roul it up upon a Rowling-pin, and put under it a couple of sheets of Cap-paper, well Flowered, then your white being already minced and beaten with Water, proportion it upon the pasty to the breadth and length of the Venison, then lay your Venison in the said white, wash it round with your Feather, and put on a border, season your Venison on the top, and turn over your other leaf of Paste, so close up your pasty; then drive out another border for garnishing the sides up to the top of the pasty, so close it together by the rowling-pin, by rowling it up and down by the sides and ends, and when you have flourish'd your garnishing; and edg'd your pasty, vent it at the top; set it in the

Oven



Oven, and let it have 4 or 5 hours baking at the least, and then draw it.

40. *To make a Damson Tart.*

Take Damsons and seethe them in Wine, and strain them with a little Cream, then boyl your stuff over the fire till it be thick, and put thereto Sugar, Cinnamon and Ginger, but set it not in the Oven after; but let your Paste be baked before.

41. *To Roast a Rabbit with Oysters.*

Wash your Rabbit and dry it well, then take half a pint of Oysters, wash them, and wipe them clean one by one, and put them into the Rabbit's Belly, a couple of Onions shred, whole Pepper, large Mace, 2 or 3 sprigs of Thyme, sew up the belly; and for the sauce as usual, the Liver and Parsly; and a hard Egg, shred them together, and beat some butter thick; put into the Dish and serve it.

42. *To Stew Collops of Beef.*

Take of the Buttock of Beef thin slices, cross the grain of the Meat; then hack them and fry them in sweet butter, and being fryed fine and brown, put them in a pipkin with some strong broth, a little Claret-wine and some Nutmeg; stew it very tender, and half an hour before you dish it, put to it some Gravy, Elder-Vinegar, and a Glove or two; when you serve it, put some juice of Orange, and 3 or 4 slices on it, stew down the Gravy somewhat thick, and put to it when you dish it beaten butter.

43. *To make a Beef pasty like Red Deer.*

Take fresh-beef of the finest, without sinews or suet, and mince it as small as you can, and season it with salt and pepper, and put in 2 spoonfulls of Malmsey, then take Lard and cut it into small pieces, and lay a layer of Lard and a layer of Beef, and lay a skin of Beef upon it like Venison, and so close it up.

44. *To bake a Hare.*

Take the best of the Hare minced and seasoned with Pepper, Salt and Mace, then make a proportion of the Head, or Shoulders, as you may for an Hare:

Pasty.

least, passy, and lay in a layer of Flesh, and a lay of Lard, and butter a loft and beneath, and make a Gallentine for it in a Saucer.

45. *To Boyl a Salmon.*

Take as much Water as will cover it, then take Rosemary, Thyme and Winter Savory, and Salt, boyl all these very well, and then put in some Wine-Vinegar, and when your Salmon is boyled, let him remain in the same water always until you have occasion to eat of it.

46. *To make an Oyster-pye.*

First dry your Oysters, and then put them into your Coffin with some Butter, and whole large Mace, and so bake it; then take off the Lid, and fill it up with more Butter, putting some of the Liquor of the Oysters also thereunto, then Season it well with Sugar, and serve it hot to the Table at the first Course.

47. *To Butter Eggs upon Toasts.*

Take 20 Eggs, beat them in a dish with some Salt, and put butter to them, then have 2 large Rolls, or fine Manchets, cut them in Toasts, and Toast them against the fire, with a pound of fine sweet Butter, being finely buttered in a fair clean Dish, put the Eggs on the Toasts, and garnish your dish with Pepper and Salt, otherwise half boyl them in the Shells, then butter them and serve them on Toasts, or Toasts about them.

48. *To make a Fricacie of Chickens.*

Scald 3 or 4 Chickens and flea off the Skin and Feathers together, put them in a little water; take half a pint of white-wine, and 2 or 3 whole Onions, some large Mace and Nutmeg, tyed up in a cloth, a bundle of sweet Herbs, and a little Salt, and put them all in a Pipkin close covered; let them simmer a quarter of an hour; then take six yolks of Eggs, half a pound of sweet Butter, four Anchovies dissolved in a little Broath; shred your boyled spice small, take a quarter of a pound of Capers, and shred them very small.

small, put the Anchovies dissolved into the Eggs and Butter, and Capers, and so stir it altogether, over a Chafing-dish of Coals till it begin to thicken, then take the Chickens out of the broth and put leas upon them, serve them with sippets and Limons sliced.

49. To make an Eel-pye with Oysters.

Wash your Eels and gut them, and dry them well in a Cloth; to 4 good Eels allow a pint of Oysters well washed, season them with Pepper, Salt and Nutmeg, and large Mace, put half a pound of Butter into the Pye, and half a Limon sliced, so bake it; when it is drawn, take the yolks of 2 Eggs, a couple of Anchovies dissolved in a little White-wine, with a quarter of a pound of fresh Butter, melt it, and mix it altogether, and make a lear of it, and put it into the pye.

50. To make a Puff-Paste.

Break 2 Eggs in 3 pints of Flower, make it with cold water, then rowl it out pretty thick and square; then take so much butter as paste, and divide your butter in 3 pieces, that you may lay it on at 5 several times, roul your paste very broad, and break 1 part of the same butter in little pieces all over your paste, then throw a handful of flower slightly on, then fold up your paste and beat it with a rowling-pin, so roul it out again, thus do several times, and then make it up.

51. To make Barley-broth.

Put your Barley into fair Water, give it 3 qualms over the fire, separate the Waters and put it into a Cullender, and boyl it in a fourth water, with a blade of Mice and a Clove, and when it is boyled away, put in some Raisins and Currans, and when the fruit is boyled enough take it off, and season it with white-wine Rose-water, Butter and Sugar, and a couple of yolks of Eggs beaten with it.

52. To make a Pig.

Take a good quantity of Clay, and having moulded it, stick your Pig and blood him well, and when he is warm put him in your prepared Coffin of Clay thick every where, with his Hair, Skin, and all his Entrails drawn,

drawn, and belly sowed up again then throw him into the Oven, or below the Stock-hole under the Furnace, and there let him soak, turn him now and then when the Clay is hardened, for 12 hours, and he is sufficiently baked, then take him, and break off the Clay, which easily parts, and he will have a fine crispy roast, and all the juice of the Pig in your Dish, but remember to put a few leaves of Sage, and a little Salt in his Belly, and you need no other Sauce.

53. *A Grand Sallet.*

Take a quarter of a pound of Raisins of the Sun, as many blanched Almonds, as many Capers, as many Olives, as much Samphire, as many pickled Cucumbers, a Limon sliced, some pickled French-beans, a Wax-tree set in the middle of the Dish, passed to the Dish, lay all their quarters round the Dish, (you may also mince the flesh of a roasted Hen, with Sturgeon and Shrimps) and garnish the Dish with cut Beans, and Turneps, in several Figures.

54. *To make a Sallet of a Cold Hen or Pullet.*

Take a Hen and roast it, let it be cold, Carve up the Legs, take the flesh and mince it small, shred a Limon, a little Parsley and Onions, an Apple, a little Pepper and Salt, with Oyl and Vinegar, garnish the dish with the bones and Limon-peel, and serve it.

55. *To boyl a Capon, Pullet or Chicken.*

Boyl them in good Mutton-broath, with Mace, a Faggot of sweet Herbs, Sage, Spinage, Marygold-leaves and flowers, white or green Endive, Burrage, Bugloss, Parsley and Sorrel, and serve it on Sippers.

56. *To stew Ducks the French fashion,*

Take the Duck and half roast it, put half a score of Onions in the belly whole, some whole Pepper, a bundle of Thyme and a little Salt, when it is half roasted take it up and slash it into pieces, put it between 2 dishes, and pierce the Gravy, mix some Claret-wine with that Gravy, and a little sliced Nutmeg, a couple of Anchovies, wash them and slit them, slice the Onions in the Ducks belly, cover the Dishes close, so let them

them stew while enough, take some butter, beat it thick, and shred a Limon in it, and serve it : Garnish your dish with the Limon-peel, and your Onions.

57. *To make a Florentine.*

Take the Kidney of a Loin of *Veal*, or the wing of a *Capon*, or the leg of a *Rabbit*; mince any of the small with the Kidney of a Loin of *Mutton*, if it be not fat enough, then season it with Cloves, Mace, Nutmeg and Sugar, Cream, Currans, Eggs, and Rose-water; mingle these four together, and put them into a dish between two sheets of *Paste*, then close it, and cut the paste round by the brim of the dish: then cut it round about like *Virginal-keys*, and let the other lye, prick it, bake it, scrape on sugar, and serve it.

58. *To make Curd-Cake.*

Take a pint of *Curds*, 4 *Eggs*, take out 2 of the whites, put in some *Sugar*, a little *Nutmeg*, and a little *Flower*; and drop them in, and fry them with a little butter.

59. *To roast a Leg of Mutton the French way.*

Take half a pound of *Mutton*, and a quarter of a pound of *Suet*, season it with sweet Herbs, and a little *Nutmeg*, and 2 or 3 *Shallots*; slice them very small and stuff the *Mutton* round, then take some of the best *Hackney Turneps*, and boyl them in beef-broth very tender, then squeeze the broth from them a little, set them in a dish under the Leg of *Mutton*, when it is half roasted, and so let the Gravy drop into them, and when the *Mutton* is roasted serve them in the dish with it, with a little fresh-butter and *Vinegar*, Garnish your dish with sliced *Onions* and *Parsley*, and some of the *Turnips* slic'd.

60. *To stew a Carp.*

Take a living *Carp*, and knock him on the head, open him in the belly, take heed you break not the Gill, pour in a little *Vinegar*, and wash out all the blood, stir it about with your Hand, and keep the blood safe; then put as much *White-wine* into a



beat in or skillet as will almost cover, and set it on the  
 : Gage; put to it an Onion cut in the Middle, a Clove,  
 ur Onions, a lef of Garlick, a Race of Ginger shred, a Nutmeg  
 quartered, a Faggot or bundle of sweet Herbs, and 3  
 • Anchovies; your Carp being cut out and rubbed all  
 over with Salt, when the Wine, (into which you  
 the day out a little Water) doth boyl, put the Carp in,  
 if it be covered him close, and let him stew up about a quar-  
 e, Nearer of an hour, then put in the blood and Vinegar,  
 e-wa with a little Butter, so dish up the Carp, and let the  
 into spawn Milt, and Revet be laid upon it, the Liquor  
 , and that boyled him with the Butter, is the best Sance,  
 en could is to be eaten as broth: Garnish the dish with  
 othe Simons and grated Bread.

61. To make Marrow-Puddings.

Take a pound of the best Jordan-Almonds, blanch  
 of them, beat 'em fine in a stone or wooden Mortar [ not  
 and in Brass ] with a little Rose-water; take a pound of fine  
 ith powder Sugar, a Penny-loaf Grated, Nutmeg Grated,  
 pint of Cream, the Marrow of 2 Marrow-bones, 2  
 grains of Ambergrease, mingle 'em all together with a  
 of little salt, fill the skins, and boyl 'em gently as before.

62. To make a Sack-Poffet.

Set a Gallon of Milk on the fire, with whole Cina-  
 mon and large Mace, when it boyls stir in a half, or whole  
 pound of Naples-butter, grated very small, keeping it  
 stirring till it boyls. Then beat 8 Eggs together, casting  
 of the whites away; beat them with a Ladleful of  
 em, milk, then take the milk off the Fire, and stir in the  
 the Eggs; then put it on again, but keeping it stirring for  
 ear of Curdling; then make ready a pint of Sack, war-  
 ley ming it upon the Coals, with a little Rose-water, sea-  
 on your milk with Sugar, and pour it into the Sack,  
 in a large Bason, and stir it apace, then throw on a  
 good deal of beaten Cinamon, and so serve it up.

63. To Hash a Rabbit.

When your Rabbit is wash'd, you must take the  
 flesh from the Bones, and Mince it Small, then put to  
 it a little strong Broth, Vinegar, and an Onion or 2, with  
 a

a Grated Nutmeg, and let it stew up together, then mince a handful of boyled Parsley green, with a Lin cut like Dice, and a few Barberries, put it into the H and Toast it altogether, and when it is enough, Ladeful of sweet-butter to it, and dish it upon Chines, and Garnish it with Limons.

64. To make a fresh Cheese;

Take some new Milk or Cream, and a Race of Cream, scald it, then take it off the fire. Sweeten it with fine sugar, then take a spoonful of Runnet, to 2 quarts of Milk, set it by and keep it close covered, and let it stand, when the Cheese comes, strew a little fine Sugar and grated Nutmeg. and serve it in with Sippets, Sops in Sack or Muscadine.

65. To make an Artichoke-Pye.

Take the bottoms of 6 Artichokes boyled very tender, put them in a Dish, and some Vinegar over them, season them with Ginger and Sugar, a little Mace whole, and put them in a Coffin of Paste, when you lay them in, lay some Marrow and Dates sliced and a few Raisins of the Sun in the bottom with a good store of Butter when it is half baked, take a Gill of Sack, being boyled first with Sugar, and a Peel of Orange. Put it into the Pye, and set it into the Oven to bake, till you use it.

66. To make Marrow Pasties.

Shred the Marrow and Apples together, and put a little Sugar to them, put them into Puff-paste, and Fry them in a pan with fresh Butter, and serve them up to the Table with a little white Sugar strewed on it.

67. To make Green Sauce.

Take a good handful of Sorrel, beat it in a Mortar with Pippins pared and quartered, with a little Vinegar and Sugar; put it into Sauces.

Or take Sorrel, beat it and stamp it well in a Mortar squeeze out the juice of it, and put thereto a little Vinegar, Sugar, and 2 hard Eggs Minced small, a little Nutmeg Grated, and Butter, set this upon the Coals till it is hot, and pour it into the dish on the Sippets: This is Sauce for Hen, Veal and Bacon.

## 68. To Pickle Oysters.

Take a quart of the largest Oysters, with the Liquor wash  
 them clean and wipe them, add to them a pint of fair-Wa-  
 ter, and half a pint of White wine-vinegar, half an ounce of  
 Black Pepper, an handful of salt, a quarter of an ounce of  
 Mace, with the Liquor of the Oysters Strained; put all  
 together in a Pipkin over a soft Fire, let them simmer toge-  
 ther a quarter of an hour: when the Oysters are enough, then  
 you may safely take them up, and also put them in a little  
 fair water and Vinegar, till they be Cold, the Pickle boy-  
 ling a quarter of an hour after the Oysters are taken up;  
 when being cold, put them up together. When you use  
 them, Garnish your Dish with Barberries and Limons,  
 and a little Mace and Pepper, and put in some of the  
 Pickle

## 69. To make Scotch Collops of Veal.

Cut your Fillet into very broad slices, fat and lean,  
 not too thick: Take 3 Eggs, beat them very well  
 with a little salt, grate a whole Nutmeg, take a hand-  
 ful of thyme and strip it, then take a pound of Sausages  
 and half a pint of stewing Oysters the largest, wash and  
 cleanse them from the Gravel, then half fry your  
 Veal with sweet Butter, then put in your Sausages and  
 Oysters, then take a quarter of a pound of Capers, shred  
 them very small with 3 Anchovies dissolved in white-  
 wine and fair-water, so put in your Eggs, shred Ca-  
 pers and Anchovies, butter and spice, and mingle 'em,  
 and strew them in the pan upon the Veal and Oysters,  
 serve it with Sippets with a little Butter and Vinegar,  
 with Limons sliced and Barberries, with a little Salt,  
 You must have a care to keep the meat stirring, lest  
 the Eggs Curdle with the heat of the fire.

## 70. To make a rare White-Pot.

Take 3 pints of Cream, whole Cinamon, a little sliced  
 Nutmeg, let on the Cream, and Spice, and scald it, take a  
 Penny-loaf and slice it very thin, take a couple of Mar-  
 row-bones, lay the Marrow sliced on the bottom of the  
 Dish, upon the Marrow lay the Bread, then lay Raisins  
 of the Sun over the Bread, and lay Marrow again as be-  
 fore:

fore : To the 3 pints of scalded *Cream* add 9 Yolks Eggs well beaten with *Rose-water*, sweeten the *Cream* with white sugar, and take out the whole *Cinnamon* and beat the *Cream* and Eggs well, fill up a broad shallow bason, and bake it, when it is enough scrape fine sugar on it, and stick it with red and white *Muscadine*, and so serve it.

71. To make a very fine Custard.

Take a quart of *Cream* and boyl it with whole spices then beat the Yolks of 10 Eggs and 5 Whites, mingle them with a little *Cream*, and when your *Cream* almost cold, put your Eggs into it, and stir them very well, then sweeten it, and put out your Custard in a deep dish, and bake it, then serve it with *French Comfits* strewed on it.

72. To make Minc'd Pyes of an Eele.

Take a fresh Eele, sea it, and cut off the Fish from the bones, mince it small, then pare 2 or 3 Warden or Pears, mince of them as much as of the Eele, Temper them together, and season them with *Ginger*, *Pepper*, *Cloves*, *Mace*, *Salt*, a little *Sanders*, *son*, *Curran*, *Raisins*, *Pruans*, *Dates*, *Verjuice*, *Butter* and *Rose-water*.

73. To bake Rabbits, to be eaten Cold.

When your Rabbits are Parboyled, take out all the bones you can well take out, and Lard them, then season them with *Pepper*, *Salt*, *Cloves*, *Mace* and *Nutmegs*, with a good quantity of *Savoury*, and force Meat; then put them into your prepared Coffin, put in *Butter* and close your Pye, bake it, and when it is Cold fill it with *Clarifi'd Butter*.

74. To Bake a Foll of Ling in a Pye.

Let your Ling be almost boyled, and then season with *Pepper* only, (the skin being first taken off) strew the bottom of your prepared Coffin with an Onion or 2 minced small; close your Pye and bake it, then take the Yolks and Whites of about 12 Eggs not boyled altogether hard, mince them small with your Knife, and put them into drawn butter, scs then

toge

together, then draw your Pye and pour in this Lear  
Eggs all over, and shake it together, so put on your  
dish, and Dish your Pye.

*75. To Bake a Turkey.*

Boyl and Lard your Turkey, when it is parboyl'd,  
season it with Pepper, Salt, and a little Cloves and  
Mace, then put him into your prepared Coffin, lay on  
butter and close it: put the Head on the top, with  
your Garnish, then bake it, and fill it with Clarified  
butter when it is cold.

*76. To Roast Calves-feet.*

First boyl them tender and blanch them, and being  
cold, Lard them thick with small Lard, then spit them  
on a spit and roast them; serve them with sauce  
made of Vinegar, Cinamon. Sugar and Butter.

*77. To bake a Goose.*

Break the bones of your Goose, and Parboyl him  
then Season him with Pepper and Salt, and a little  
Cloves and Mace, if you please, you may bake a Rabbit  
two with it, because your Stubble-Geese are very  
tender and your Rabbits very dry, you need not Lard ei-  
ther; Bake thin good hot Butter-Paste.

*78. To make Apple-Pyes to Fry.*

Take about 12 Pippins pare them, cut them, and al-  
most cover them with Water, and almost a pound of  
sugar, let them boyl on a gentle fire close Covered;  
with a stick of Cinamon, minced Orange peel, a little Dill-  
seed beaten and Rose-water, when this is cold and  
thick, make them into little Pasties, with rich Paste,  
and so fry them.

*79. To make a rare Dutch Pudding.*

Take a pound and a half of fresh Beef, all Lean, with  
a pound and a quarter of Beef-suet, both sliced very  
small, take then a stale half-penny-loaf, and grate it, a  
handful of sage, a little winter-savory, and a little thyme,  
red all these very small, take 4 Eggs, half a pint of  
Cream, a few Cloves, Nutmeg, Mace and Pepper, finely  
beaten; mingle them altogether very well, with a  
little salt, roul it all up together, in a green Collwort-  
leaf,



*leaf*, and then tye it up hard in a linnen-cloth, Garnish your dish with grated Bread, and serve it up with Mustard in Saucers.

80. *To make Sausages.*

Take Pork, more lean than fat, mince it ~~ez~~ small together, then take part of the Fleak of Pork which is the suet, in pieces, about the bigness of the top of your finger, season each a-part with sage minced, good store of Pepper and Salt, with some Cloves and Mace mixt in the seasoning each of them, then take small sheeps-guts and cleanse them (some use Capon guts) and fill them with your Funnel, always putting some of the Fleak between the minced, if you have ready, you may sprinkle a little Sack on the top of the Sausage meat; and it will make it fill the better.

81. *To stew Beef in Gobets, the French Fashion.*

Take a Flank of Beef, or any part but the Leg, cut it into slices or Gobets, as big as Pullets Eggs. with some Gobets of fat, and boyl it in a Pot or Pipkin, with some fair spring-water, scum it clean, and after it has boyled an hour put to it Carrots, Parsnips, Turnips, great Onions, some Salt, Cloves, Mace and whole Pepper; cover it close, and stew it till it be very tender and half an hour before its ready, put into it some Thyme, Parsley, Winter-savoury, sweet Marjoram, Sorrel and Spinage (being a little bruised with the back of a Ladle, with some Claret-wine; then dish it on fine Sippets, and serve it to the table hot: Garnish it with Grapes, Barberries, or Gooseberries, or else use Spices, the bottoms of boyled Artichoaks put in to beaten Butter, and grated Nutmeg, garnished with Barberries.

82. *To boyla Capon or Chicken with Sugar-pease.*

When the Cods be but young string them, and pick off the Husks, then take 2 or 3 handfuls and put them into a Pipkin, with half a pound of sweet Butter, a quarter a pint of fair Water, gross Pepper, Salt, Mace, and some Salad Oyl, stew them till they be very tender, and strain them 3 or 4 yolks of Eggs, with 6 spoonfuls of Sack.

83. *To boyl Perches.*

Let your Liquor boyl, and your Pan be seasoned with little White-wine, Gravy and Vinegar, with a grated Nutmeg, and almost boyl it over a chafing-dish, then pour Sweet Butter over it: Garnish it with *Barberits* and sliced Limons.

84. *To Boyl Eels.*

Cut the Eels and stew them; when they are half done, beat a little Ale with Vinegar and put to the Liquor with some Parsley and sweet herbs; dish them and serve them up in their broth, with a little salt.

85. *A Turkish Dish of Meat.*

Take an interlarded piece of Beef, cut it into thin slices, and put it into a pot with a close cover, or stewing-pan; then put into it a good quantity of clean pick'd Rice, skin it well, put into it a quantity of whole Pepper, 2 or 3 whole Onions, and let it boyl very well, take out the Onions, and dish it on Appets; the thicker it is the better.

86. *To Boyl a Chine of Beef powdered.*

Take either a Chine, Rump, Surloin, Brisket, Rib, Shank, Buttock, or Fillet of Beef, and give them in Summer a weeks powdering, in Winter a fortnight. You may stuff them or let them be plain; if you stuff them, do it with all manner of sweet Herbs, with fat lard minced, and some Nutmeg; serve them on *brewis*, with Roots, or Cabbage boyled in Milk, with beaten Butter.

87. *To make a Hash of Capon or Pullet.*

Take a Capon or Partridge, or Hen, and roast them, and being cold, mince the Brains and Wings very fine, and tear the Legs and Rumps whole to be Carbonaded; then put some strong Mutton-broath, or good Gravy, and a little Nutmeg, a great Onion and Salt, then stew them in a large Earthen-Pipkin, or Sauce-Pan, stew the Rumps and Legs in the same strong broth in another Pipkin; then take some light French-bread clipt, and strew the bottom of the Dish, steep the Bread in the Broath, or good Mutton Gravy, then pour the

hash on the steeped bread, lay the Legs and the rumpe on the hash with some fryed Oysters, sliced Limon and Limon-peel, the juice of an Orange, and yolks of Eggs strained, and beaten Butter; Garnish the Dish with Carved Oranges, Limons, &c. Thus you may hash any kind of Fowl.

88. To Dress a Cods Head.

Cut off the Cods head beyond the Gills, that you may have part of the body with it, boyl it in water and salt, to which you may add half a pint of Vinegar, the head must be little more than Covered; before you put it into the Cauldron, take a quart of the biggest cleaneſt Oysters, and a bunch of sweet Herbs and Onions, and put them into the mouth of the Head, and with a Pack-thread bind the Jaws fast, you must be sure to pick and wash it very clean: When it is boyled enough, take it up and set it a drying over a Chafin-dish of Coals, then take the Oyster Liquor, for Anchovies, and a sliced Onion, put to them a quart of a pint of White-wine and sweet Butter, and mix them together, and pour it on the Cods-head; stick a row most of the Oysters upon the Head, or where the will enter, and Garnish it over with them; Grate a little Nutmeg, and set it smoaking up; Garnish the brim of the Dish with Limon, and sliced Basil leaves.

89. To boyl Widgeons or Teal.

Parboyl yom Widgeons or Teal, and then slick with Cloves in their Breasts, put into their bellies a little Winter-savoury or Parsley; boyl them in a Pipkin with themselves; thicken it with Toasts, season it with Juice, Sugar, and a little Pepper; Garnish your dish with Barberries and Prunans, and so serve them.

90. To make a Veal Pye.

When your Paste is raised, then cut your Leg of Veal into pieces, and season it with Pepper, Nutmeg and Salt, with some whole large Mace, and so lay it in your prepared Coffin, with good store of Raisins of the Sun, and Currans, and fill it up with sweet B

en close it, and set it in the Oven, and when bak'd  
erve it hot.

*91. To make a fry'd Pudding.*

Take grated bread, Currans, Cloves and Mace, with  
beef-suet and sugar, and one yolk of an Egg beaten,  
mix all well together, and make them into flat bowls,  
then fry them into beef-suet, and garnish your dish  
with sugar, serve them always at the first Course.

*92. To bake a Breast of Veal.*

First parboyl it, and take out the long Bones, and  
lay it in a Dish in Vinegar two or three hours,  
then take it out and season it with Pepper and Salt,  
and so lay it into a thin fine Paste, with good store of  
the sweet Herbs, finely chopt, and good store of But-  
ter and Marrow, then bake it, then put in some juice  
of Oranges, and serve it hot.

*93. To make Paffe for all manner of Tarts*

Take very sweet Butter, and put into fair-water,  
and make it boyl on the Fire; then take the finest  
flower you can get, and mix them well together, till  
it come to a Paste, and so raise it; but if you doubt  
that it will not be stiff enough, then you may mix  
some Yolks of Eggs with it, as you temper all your  
stuff together.

*94. To make a baked Pudding.*

Grate a penny-loaf, and put thereto more suet than  
bread minc'd small, with some Nutmeg and Sugar,  
and two yolks of Eggs, tempering it only with Rose-  
water; then butter a little pewter-dish in the bott m,  
and put your stuff after it (is well tempered therein,  
then bake it, when 'tis baked, stir it up from the bot-  
tom of the Dish, and so turn the under-side upper-  
most, then strew some Sugar upon the brims of the  
dish, and serve it first to the Table.

*95. To boyl Sparrows, Larks, or other small Birds.*

Take a Ladle-ful of strong Mutton-broath, a little  
whole Mace, and a handful of Parsley, put in a little  
inter-savoury, season it with Verjuice, Sugar, and a lit-  
tle Pepper, thicken it with a spoonful of Cream, and  
the yolk of an Egg.

## 96. To Boyl a Capon with Asparagus.

Boyl your Capon or Chicken in fair-water, and some Salt, then put in their bellies a little Mace, chopped Parsley and sweet Butter; being boyled, serve them on sippets, and put a little of the broth on them; They have a bundle or two of Asparagus boyled, put in beaten butter, and serve it on your Capon or Chicken.

## 97. To Boyl a Chicken or Capon in white Broath.

First boyl the Capon in Water and Salt, then 3 pints of strong Broath, and a quart of White-wine, and stew in a Pipkin with a quarter of a pound of Dates, half a pound of fine Sugar, 4 or 5 blades of large Mace, the marrow of 3 Marrow-bones, a handful of white Eddive, stew these in a Pipkin very leisurely, that it be only simmer, then being finely stewed, and the broth well tasted, strain the yolks of 10 Eggs, with some of the broth; before you dish up the Capons or Chickens, put the Eggs into the broth, and keep it stirring that it may not Curdle, give it a warm and set it from the Fire: the fowls being dish'd up put on the broth and Garnish the Meat with Dates, Marrow, large Mace, Enlive, preserv'd Barberries, Oranges boyled, Skirrets, Pomegranates, and Kernels. Make a Lear Almond-paste, and Grape Verjuice.

## 98. To boyl a capon with Sage and Parsley.

First boyl it in water and salt, then boyl some Parsley, Sage, 2 or 3 Eggs hard and chop them; then have a few thin slices of manchet, and stew altogether but break not the slices of bread; stew them with some of the broth wherein the Capon boyls, some large Mace Butter, a little White-wine or Vinegar, with a few Barberries or Grapes; dish up the Chickens with the sauce, and run them over with sweet butter, and Limon, cut like Dice, the Peel being cut like small Lard, and boyl a little Peel with the Chickens.

## 99. To Fry Rabbits with sweet Sauce.

Cut your Rabbit in pieces, wash it, and dry it with a Cloath, take some fresh butter, and fry the Rabbit in it, when your Rabbit is little more than half frye



ryed, take a little Vinegar, fresh butter and sugar; melt together, and so serve it with sippets, the Dish garnished with Flowers, &c.

100. To make French Pottage called *Skink*.

Take a Leg of Beef and chop it into 3 pieces, then boyl it in a pot with 3 pottles of Spring-water, a few cloves, Mace and whole Pepper: after the pot is cummed, put in a bundle of sweet Marjoram, Rosemary, Thyme, Winter-savoury, Sage and Parsley, bound up hard, some Salt, and 2 or 3 great Onions whole, then about an hour before Dinner put in 3 Marrow-bones, and thicken it with some strained Oat-meal, or Manchet sliced and steeped with some Gravy. strong broth, or some of the Pottage; then a little before you dish up the *Skink*, put into it a little fine powder of saffron, and give it a walm or two; dish it on large slices of French bread, and dish the Marrow-bones on them in a fine large dish, then have 2 or 3 *Manchets* cut into *Toasts*, and being finely *Toasted*, lay on the knuckle of Beef in the middle of the dish, the Marrow-bones round about it, and the *Toasts* round about the dish trim; serve it hot.

101. To make Goose-berry Cream,

First boyl, or you may preserve your *Gooseberries*; then having a clear Cream boyled up, and seasoned with old Cinamon, Nutmeg, Mace, Sugar, Rose-water, and eggs, dish it up, and when it is cold, take up the *Gooseberries* with a pin, and flick them in rounds as thick as they can lye upon the said Cream; garnishing your dish with them, and strew them over with the finest sugar, and serve them up.

102. To make a Quaking-Pudding.

Take a quart of sweet Cream, and near half a pound of Almonds blanch'd, and finely beaten, then strain them, and boyl it with large Mace, and season it with rose water and Sugar, then take 10 Eggs, and 5 of their whites well beaten with small Cinamon, and 2 or 3 spoonfuls of flower, mix all well together, and make it of the thicknes of Butter, then wet a Cloath and rub

it with Flower, tying your Pudding round therein and boyl it in beef-broath 2 hours; take it up and put a little White-wine, Sugar, and sliced Nutmeg into a Pewter-dish, and put your Pudding into it, and scrape some sugar on the brims and serve it.

103. *To make Clouted Cream*

Take new Milk and set it on the fire from morning till evening, but let it not boyl; and this is called *Lady Young's Clouted Cream*.

104. *To Souse a Young Pig.*

Scald a young Pig, boyl it in fair-water and White wine, put thereto some Bay-leaves, whole Ginger and Nutmegs quartered, and a few whole Cloves, boyl it thoroughly, and let it lye in the same broth in an Earthen-pot.

105. *To make Polonian Sausages.*

Take the Fillets of a Hog, chop them very small with a handful of Red-sage, season it hot with Ginger and Pepper; then put into great Sheeps Gut, let it lye 3 nights in Brine, then boyl it, and hang it up in a Chimney where fire is usually kept. These Sausages will keep a whole Year, and are good for Sallets or to garnish boyl'd Meat, or to relish a Glass of Wine.

106. *To keep Salmon fresh a whole Month.*

First boyl your Salmon as usually, then put it in an Earthen-pot, and cover it in good white-wine-vinegar, putting thereto a branch of Rosemary, and keep it very close covered, and so you may keep it, that will retain its perfect taste and delicacy for one month or more.

107. *To make tender and delicate Brawn.*

Put a Coller of Brawn in a Kettle of Water, and put it into an Oven, as for Household-bread, cover it close and let it stand as long as you would do bread, and it will be very excellent Brawn.

98. To keep powdered Beef after it is boyled, sweet 5 or 6 Weeks.

When your Beef hath been powdered about a fortnight, then boyl it well, and dry it with a Cloath, and wrap it in dry Cloaths, and put it into some pot or Vessel, and keep it close from the Air, and it will keep sound 2 or 3 Months.

109. To dress Neats Tongues and Udders.

When they are boyled enough in Beef-broath, and seem'd you must have Turnips ready boyled, cut in pieces, and soak'd in butter, or else Colliflowers and Carrots, or all of them; then put the Turnips all over the bottom of a large Dish, then slice out the Tongues, and lay the sides one against another, slice the Udders, and lay them between, opposite to one another; Garnish the Colliflowers all over them, and the Carrots up and down between the Colliflowers, and Barberries and Parsley on the brim of the dish.

110. To make Pannado.

Take a quart of running-water, and put it on the fire in a Skillet, then cut a little roul of bread in slices, about the bigness of a Groat, and as thin as Wafers, lay it on a dish on a few Coals, then put it into the Water, with 2 handfuls of Currans pick'd and wash'd, a little large Mace, when it is enough season it with sugar and Rose-water.

111. To make Liver Puddings.

Take the Guts of a young Hog, wash them very clean, and lay them 2 or 3 days in Water, take the Liver of the same Hog and boyl it till it will grate; then grate it very small and fine, take to the weight of the Liver almost the weight of Beef-suet, season it with salt, cloves, mace, and nutmeg finely beaten, a Penny-loaf grated, a pound of the best white sugar, 2 pound of Currans, a pint of good Cream, a quarter of a pint of Rose-water, 3 Eggs, mix all together to such a thickness, that you may fill the Guts, then prick them, and put them into boyling water, and keep an even fire for half a quarter of an hour; then take

them up, and lay them upon straw, you must have care not to tye them too hard nor too slack, lest they break in boyling.

112. *To make a rare Citron-Pudding.*

Take a Penny-loaf and grate it, a pint and half of Cream, half a dozen of Eggs, one Nutmeg sliced, a little Salt, an ounce of Candied Citron sliced small, a little Candied Orange-peel sliced, 3 ounces of Sugar, put these into a Wooden-dish well flowered, and cover it with a Cloath, and when the water boyleth, put it in, boyl it well, and serve it up with Rose-water and Sugar, and stick it with Wafers or blanched Almonds.

113. *To bake a Gammon of Bacon.*

Water it fresh enough, and seeth it as tender as you may to handle it, and then pull off the skin and stuff it with Parsley, Penny-royal, Thyme, Marjoram, Marygold, Camomile and Sugar, chop them small, and season them with Salt and Pepper, Cloves, small Raisins, yolks of Eggs hard-roasted, then stuff your Bacon, and cut off the lean of the Bacon, and mince it small, and take a handful of your stuffing, and mingle it with 3 or 4 yolks of raw Eggs, and then put it upon the Gammon, then close on the skin again, and close it in paste.

114. *To Royl Woodcocks or Snites.*

Boyl them either in strong broth, or in water and salt, and being boyled take out the Guts, and chop them small with the Liver, put to it some Crumbs of grated White-Bread, a little Cock-broath, and some large Mace, stew them together with some Gravy, then dissolve the yolks of 2 Eggs in some Wine-Vinegar, and a little grated Nutmeg, and when you are ready to dish it, put in the Eggs, and stir it among the sauce with a little butter, dish them on sippets, and run the sauce over them with some beaten butter and capers, a Limon minced small barberries or whole pickled grapes.

115. *To make a made dish of Apples.*

Put on your skillet of Water with some Currans, a boyling, then pare about a dozen of Pippins, and cut them

em from the Core into the said water, when they are  
 boyled tender put 'em into a Cullender, when the wa-  
 ter is drained from 'em, put 'em into a dish, and sea-  
 son them (but stay till they are cold, lest it melt your  
 sugar) with sugar, rose-water, cinamon and carra-  
 way-seed; then roul out 2 sheets of paste, put one into  
 the dish, bottom, and all over the brims, then lay the  
 Apples in the bottom round and high, wet it round,  
 and cover it with the other sheet, close it, and carve it  
 about the brims of the dish as you please, prick it, and  
 bake it, scrape sugar upon it, and serve it up.

116. To make a Fool.

Set 2 quarts of Cream over the fire, let it boyl, then  
 take the yolks of 12 Eggs, and beat 'em very well, with  
 3 or 4 spoonfuls of cold cream, and then strain the Eggs  
 in the skillet of hot cream, stirring it all the time to  
 keep it from burning, then set it on the fire, and let  
 it boyl a little while, but keep it still stirring for fear  
 of burning, then take it off, and let it stand and cool,  
 then take 2 or 3 spoonfuls of sack, and put it in the  
 dish with 4 or 5 sippets, set the sippets a drying, and  
 when they are dry that they hang to the dish, sweet-  
 en the Cream and pour it into the dish softly, because  
 the sippets shall not rise up; this will make 3 dishes:  
 When it is cold it is fit to be eaten.

117. To Boyl Flounders or Jacks the best way.

Take a pint of white-wine, the tops of young thyme  
 and rosemary, a little whole mace, a little whole pep-  
 per, seasoned with verjuice, salt, and a little sweet  
 butter, and so serve it; you may do fish in the same  
 Liquor 3 or 4 times.

118. To Boyl a Haunch of Venison.

First stuff your Venison with a handful of sweet  
 Herbs, and Parsley minced with a little Beef-suet, and  
 yolks of Eggs boyled hard; season your stuffing with  
 Pepper, Nutmeg, Ginger, and Salt; put your Haunch of  
 Venison a boiling, being pondered before; then boyl  
 up 3 or 4 Culliflowers in strong broth, and a little milk;  
 when they are boyled, put them forth into a Dish.



add to them drawn *Butter*, and keep them warm by the Fire, then boyl up 2 or 3 handfuls of *Spinage* in the same Liquor, when it is boyl'd up pour our part of the *broth* and put in a little *Vinegar*, and a Ladelful of *Green Butter*, and a grated *Nutmeg*, your dish being ready with sippets in the bottom, put on your *Spinage* round towards your dish side; then take up the *Venison*, being boyled, and put it into the middle of the dish, put your *Colliflowers* all over it, pour on your sweet *butter* over your *Colliflowers*, and garnish it with *Barberries* and the brims of the dish with green *Parsley* minced. *Cabbage* is as good, done in the same manner as *Colliflowers*.

119. To make an Eel-Pye.

Wash, flea and cut your *Eel* in pieces, put to them a handful of sweet Herbs, *Parsley* minc'd with an *Onion*, season them with *Pepper*, *Salt*, *Cloves*, *Mace* and *Nutmeg*, and having your Coffin made of good *Paste*, put them in, and strew over them a handful of *Currans*, and a *Limon* cut in slices, then put on *Butter* and close the *Pye*, when it is baked, put in at the Funnel a little sweet *Butter*, *White-wine* and *Vinegar*, beaten up with a couple of *Yolks* of *Eggs*.

120. To bake Steaks the French way.

Season the *Steaks* with *Pepper*, *Nutmeg* and *Salt* lightly, and set them by; then take a piece of the leanest of the Leg of *Mutton*, and mince it small with some *Beef-suet*, and a few sweet Herbs, as tops of *Thyme*, *Penny-royal*, grated *Bread*, yolks of *Eggs*, sweet *Cream*, *Raisins* of the Sun, &c. Work all these together, and work it into little balls or puddings, put them in a deep round *Pye* on the *Steaks*; then put to them some *Butter*, and sprinkle it with *Verjuice*, close it up and bake it, when it is enough cut it up, and liquor it with the juice of 2 or 3 *Oranges* and *Lemons*.

121. To make a Warden or Pear pye.

Bake your *Wardens* or *Pears* in an *Oven* with a little *Water*, and a good quantity of *Sugar*, let your *Pot*

be covered with a piece of Dough; let them not be fully baked by a quarter of an hour; when they are cold make a high Coffin, and put them in whole, adding to them some Cloves, whole Cinamon, Sugar, with some of the Liquor in the Pot, so bake it,

122. *To stew a Trout.*

Take a large Trout, fair Trim'd and wash it, put it into a large Pewter-dish; then take half a pint of sweet Wine, with a lump of Butter, and a little whole Mace, Parsley, Savoury and Thyme; mince them all small, and put them into the belly of the Trout, and so let it stew a quarter of an hour, then mince the yolk of an hard Egg, and stew it on the Trout, lay the Herbs about it, scrape on sugar and serve it up.

123. *To make Sauce for Pidgeons.*

Melt some Vinegar and butter together, and roast some Parsley in the belly of the Fowl; or else Vine-leaves, and mix it well to ether and pour it on.

124. *A general Sauce for Wild Fowl.*

The most general Sauce for Wild-fowl roasted; as Ducks, Mallard, Widgeons, Teal, Snipe, Sheldrake, Plovers, Puets, and the like, is only Mustard and Vinegar, or Mustard and Verjuice mixed together, or else an Onion, Water and Pepper.

125. *To Roast a Cows Udder.*

Boyl your Udder very well, then stick it thick all over with Cloves, and when it is cold spit it and lay it to the fire, and baste it very well with sweet butter, and when it is sufficiently roasted and brown, draw it from the fire, and put some Vinegar and Butter on a Chafin-dish of Coals, and crumb in some White-bread, and boyl it till it be thick, then put to it good store of Sugar and Cinamon, and putting it into a clean dish, lay the Cows Udder therein, and trim the sides of the dish with sugar, and so serve it.

126. *To make a Spinage Tart.*

Take of good Spinage, and boyl it in white-wine, till it be as soft as Pap; then take it and strain it all in a Pewter-dish, not leaving any unstrained; put to it

Rose

Rose-water, good store of Sugar, and Cinamon, and boyl it till it be as thick as Marmalade, then let it cool and afterwards fill your Coffin to adorn it, and serve it it will be of a green Colour.

127. *To make a Tart of Rice.*

Pick your Rice very clean, and boyl it in sweet Cream till it be very soft, then let it stand and cool, put to it good store of Cinamon and Sugar, and the yolks of a couple of Eggs, and some Currans; stir and beat all well together: Then having made a Coffin as for other Tarts, put your Rice therein, and spread it all over the Coffin, and break many small bits of sweet butter upon it all over, and scrape some sugar over it, then cover the Tart and bake it, and serve it as other Tarts.

128. *To make a Codling Tart.*

Take Green Apples from the Tree, and Coddle 'em in scalding Water, without breaking, then Peel the skin from them, and so divide them into halves, and cut out the Cores, and so lay them into the Coffin and do as in a Pippin-tart, and before you cover it when the sugar is cast in, sprinkle a good store of Rose water on it, then close it, do as in the Pippin-tart.

129. *To make a Pippin-tart.*

Take of the fairest Pippins and pare them, and then divide them just in halves, and take out the Core clean, then roll the Coffin flat, and raise a small verge of an Inch or more high; lay the Pippins with the hollow side downward, close one another, then put in a few Cloves, a stick of Cinamon broken, and a little piece of Butter, cover all clean over with sugar, and so cover the Coffin, and bake it as other Tarts; when it is baked, boyl some butter and rose-water together, and anoint the Lid all over with it, and then scrape, or strew on it good store of sugar, and so set it in the Oven again, and then serve it up.

130. *To make a Cherry Tart.*

Take the fairest Cherries you can get, and pick them clean from leaves and stalks, then spread out your Coffin

in as for your *Pipin-tart*, and cover the bottom with sugar, then cover the sugar all over with cherries, then cover these cherries with sugar, some sticks of cinamon and a few cloves, then lay in more cherries, sugar, cinamon and cloves, till the Coffin be filled up, then cover it and bake it, in all points as the codling and pippin-tarts, and so serve it. In the same manner you may make Tarts of *goose-berries*, *straw-berries*, *ras-berries*, *bill-berries*, or any other berry whatsoever.

131. To make a *Mince-Pye*.

Take a Leg of *Mutton*, or a *Neats tongue*, and parboyl it well, the *Mutton* being cut from the bone, then put to it 3 pound of the best *Mutton-suit*, shred very small; then spread it abroad and season it with salt, cloves and mace, then put to it good store of currans, great raisins and prunes clean washed and picked, a few dates sliced, and some orange-peels sliced: then being all well mixt together, put it into a Coffin, and only Coffins, and so bake them, and when they are served up, open the Lids, and strew store of sugar on the top of the Meat and Lid.

132. To make a *Calves-foot Pye*.

Boyl your Calves-feet very well, and then Pick all the Meat from the Bones, when it is Cold shred it as small as you can; and season it with Cloves and Mace and put in good store of Currans, Raisins and Prunes, then put it into the Coffin with good store of sweet Butter, then break in whole sticks of Cinamon, and a Nutmeg sliced, and season it with Salt, then close up the Coffin, and only leave a vent-hole, put in some Liquor made of Verjuice, Sugar, Cinamon and Butter boyled together, and serve it.

133. To make a *Tunfo*.

Take a certain number of Eggs, according to the bigness of your *frying-pan*, and break them into a dish, taking away the white of every third Egg, then with a spoon take away the little white Chicken-knots, that stick upon the yolks, then with a little Cream beat them very well together, then take of Green Wheat-

*blades, Violet-leaves, Strawberry leaves; Spinage and Saffron, of each a like quantity, and a few Walnut-Tree Buds; Chop and beat all these very well, and then strain out the juice; mix it then with a little more Cream, put to it the Eggs, and stir all well together; then put in a few Crumbs of fine grated Bread, Cinamon Nutmeg and Salt, then put some sweet Butter into a Frying-pan and as soon as it is melted put in the Tansy, and fry it brown without burning, and with a dish turn it in the Pan, as occasion shall serve, strew good store of sugar on it, and serve it up.*

## 134. To stew a Pike.

After your Pike is dress and opened in the back and laid flat, as if it were to fry, then lay it in a large Dish, put to it white-wine to cover it, set it on the Coals, and let it boyl gently, if Scum arise, take it off, then put to it Currans, Sugar, Cinamon, Barberries, as many *Pruans* as will garnish the Dish, then cover it close with nother dish, and let it stew till the fruit be soft and the Pike enough, then put to it a good piece of sweet Butter; with your Scummer take up the Fish, and lay it in a dish with sippets, then take a couple of yolks of Eggs only, and beat them together well, with a spoonful of Cream, and as soon as the Pickles is taken out, put it into the Broth, and stir it exceedingly, to keep it from Curding, then pour the Broth upon the Pike, and Trim the sides of the dish with Sugar, *Pruans*, and Barberries, with slices of Oranges and Limons, and so serve it up.

## 135. To Roast Venison.

If you would Roast any Venison after you washed it, and cleansed all the Blood from it, you must stick it with Cloves all over on the out-side, and if it be Lean, Lard it with either Mutton or Pork Lard, but Mutton is the best, then Spit it, and Roast it by a soaking Fire, then take Vinegar, crumbs of Bread, and some of the Gravy that comes from the Venison, and boyl 'em well in a dish, then season it with Sugar, Cinamon, Ginger and Salt, and serve the Venison on the Sauce, when Roasted enough.



## 136. To Roast a piece of fresh Sturgeon.

Stop your Sturgeon with Cloves, then spit it, and let it roast very leasurly, basting it continually, which will take away the hardnells; when it is enough, serve it upon the Venison Sauce; with salt only thrown upon it.

## 137. To Boyl a Gurnet or Roach.

First draw your Fish, and then either split it, or Joyat it open in the back, and Truss it round; then wash it clean, and boyl it in Water and Salt, with a bunch of sweet Herbs, then take it up in a large dish, and pour into it Verjuice, Nutmeg, Butter and Pepper, after it hath stewed a little, thicken it with the yolks of Eggs, then remove it hot into another Dish, and Garnish it with slices of Oranges, and Limons, Barberries, Prunns and sugar, and so serve it up.

## 138. To make a Carp Pye.

After you have drawn and wash'd and scalded a fair large Carp, season it with Pepper, Salt, and Nutmeg, and then put it into a Coffin, with good store of sweet Butter, and then cast on Raisins of the Sun, the juice of Limons, and some slices of Orange-peels, and then sprinkle on a little Vinegar, close it up and bake it.

## 139. To make a Chicken Pye.

After you have truss your Chickens, then break their Legs and Breast-bones, and raise your crutt of the best Paste, lay them in a Coffin, close together, with their bodies full of Butter, and then lay upon them, and underneath them Currans, great Raisins, Prunns, Cinamon, sugar, whole Mace and sugar, whole Mace and salt, then cover all with good store of Butter, and so bake it; then pour into it White-wine, Rose-water, sugar, Cinamon, and Vinegar mixt together, with the Yolks of 2 or 3 Eggs beaten amongst it, and so serve it.

## 140. To make Almond Water.

Take blanched Almonds beaten in a Mortar very small, putting in now and then one spoonfull of Cream, to keep them from oyling: Then boyl as much Cream as you please with your beaten Almonds, together with a blade of Mace, and season it with Sugar, then shake it, and stir

stir it till it be almost cold, and then let it stand till you serve it; and then Garnish your dish with fine Sugar scraped thereon.

141. *To make an Almond Pudding.*

Take 2 pound of blanched *Almonds*, and beat them small, put thereto some *Rose-water* and *Ambergreece* often therein; as you beat them, then season it with *Nutmeg* and *Sugar*, and mix them with grated bread, *Beef-suet*, and 2 *Eggs*, and so put it into a dish, tying a Cloth round about it, and boyl it.

142. *To make Water-Gruel.*

Take a Pottle of *Water*, a handful of great *Oatmeal* Pickt, and beat in a *Mortar*, put it in boyling, when it is half enough, put to it a handful of *Currans* washed, a Faggot or 2 of sweet Herbs; 4 or 5 blades of large *Mace*, and a little sliced *Nutmeg*, let a grain of *Musk* be infused a while in it, when it is enough season it with *Sugar* and *Rose-water*, and put to it a little drawn butter.

143. *To stew Sausages.*

Boyl them a little in fair-water and salt, and for sauce boyl some *Currans* alone, when they be almost tender, pour out the water from them, and put to 'em a little *White wine*, butter and sugar, and so serve it.

144. *To make a Rare Fricacie.*

Take young *Rabbits*, young *Chickens*, or a *Rack of Lamb*, being cut one Rib from another, and Parboyl either of these very well, in a Frying-pan, with a little *Water* and *Salt*, then pour the *Water* and *Salt* from it, and fry it with sweet *Butter*, and make sauce with 3 *Yolks of Eggs* beaten well, with 6 spoonfulls of *Verjuice*, and a little shred *Parsley*, with some sliced *Nutmeg* and scalded *Gooseberries*, when it is Fried, pour in the Sauce all over the Meat, and so let it thicken a little in the Pan, then lay it in a dish with the sauce, and serve it.

145. *To make an Oatmeal Pudding.*

Take a pint of *Milk*, and put to it a pint of large *Oatmeal*, let it stand on the fire till it be scalding hot,

then left it stand-by and soak about half an hour, then pick a few sweet Herbs and shred them, and put in half a pound of Currans, and half a pound of Suet, and about 2 spoonfuls of Sugar, and 3 or 4 Eggs; these put into a bag and boyled, do make a very good Pudding.

146. *To make an Almond Tart.*

Raise an excellent good Paste, with 6 Corners an inch deep, then take some blanched Almonds very finely beaten with Rose-water; take a pound of Sugar to a pound of Almonds, some grated Nutmeg, a little Cream with Strain'd Spinage, as much as will cover the Almonds Green, so bake it with a gentle heat, in an Oven, not shutting the door, draw it, and stick it with a Candied Orange, Citron, and put in Red and White Muscadine.

147. *To boyl Pidgeons with Rice.*

Boyl your Pidgeons with Mutton-brash, putting sweet herbs in the bellies, then take a little Rice, and boyl it in Cream with a little whole Mace, season it with sugar, lay it thick on their breasts, wringing also the juice of Limon upon them, and so serve them.

148. *To Barrel up Oysters.*

Open your Oysters, take the Liquor from them, and mix it with a reasonable quantity of the best White-wine-vinegar, with a little Salt and Pepper; then put the Oysters into a small Barrel, and fill them up with this Pickle, and this will keep them 6 Months, sweet and good, and with their Natural Taste.

149. *To make a Cowslip Tart.*

Take the blossoms of a Gallon of Cowslips, mince them exceeding small, and beat them in a Mortar, put to them a handful or 2 of Grated Naples-bisket, and about a pint and half of Cream, boyl them a little on the fire, then take them off, and beat in 8 Eggs with a little Cream, if it do not thicken, put it on the fire till it doth gently, but take heed it Curdles not, season it with Sugar, Rose-water, and a little Salt: Bake it in a dish, or little open Tarts; it is best to let your Cream be cold, before you stir in the Eggs.

150. To Bake a Calves head to be eaten Cold.

You must half boyl a fair Calves-head, then take off all the bones on both sides, and season it with the aforesaid seasoning, and Lard it with Bacon, and a little *Limon-peel*; then having a Coffin large enough, not very high nor thick, but make it Four-square, lay on some sheets of Lard, on the Top, and butter, when it is bak'd and cold, fill it with clarified butter.

151. To make Pear Puddings.

Take a cold Capon, or half Roasted, which is much better, then take suet shred very small, the Meat and suet together, with half as much grated bread, two spoonfuls of *Flowers*, *Nutmegs*, *Cloves*, and *Mace*, Sugar as much as you please, half a pound of *Currans*, the yolk of 2 Eggs, and the white of one, and as much Cream as will make it up into a stiff PASTE: Then make it up in Fashion of a Pear, a stick of *Cinamon* for the stalk and the Head of a Clove.

152. To make a Hotch-Pot.

Take a piece of Brisket of Beef, a piece of Mutton, Knuckle of Veal, a good Cullender of Pot-herbs, half minced Carrots, Onions, and Cabbage, a little broken, boil all these together until they be very thick.

153. To make a Tart of Medlars.

Take Medlars that are Rotten, then scrape them, and set them upon a chafing-dish of Coals, season 'em with the yolks of Eggs, Sugar, Cinamon and Ginger; let it boil well, and lay it on PASTE, scrape on sugar and serve it.

154. To make a Limon Caudel.

Take a pint of White-wine, and 2 pints of Water, and let it boyl, put to it half a Manchet, cut it as thin and as small as you can, put it in with some large Mace, then beat the yolks of 2 Eggs to thicken it, then squeeze in the juice of half a dozen Limons, and season it with Sugar and Rose-water.

155. To make an Italian Pudding.

Take fine Manchet, and cut it in small pieces like Dice, then put to it half a pound of Beef-suet Minced small, Raisins of the Sun, Cloves, Mace, Dates, minced sugar,

Marrow

Marrow, Rose-water, Eggs, and Cream, mingle all these together, put them in a butter'd Dish, in less than an hour it will be well baked, when it is enough, scrape on Sugar and serve it up.

156. *To make a Goose-berry Custard.*

When you have cut off the sticks and eyes of your Goose berries, and wash'd them, then boyl them in water till they will break in a Spoon, then strain them, and beat half a dozen Eggs, and stir them together upon a Chasing-dish of Coals with Rose-water, then sweeten it well with sugar, and always serve it cold.

157. *To make a Fricacie of Rabbits.*

Cut your Rabbits in small pieces, and mince a handful of Thyme and Parsley together, and season your Rabbits with a Nutmeg, Pepper and Salt; then take two Eggs, and Verjuice beaten together, then throw it in the Pan, stick it, and Dish it up in Sippets.

159. *To make Cracknells.*

Take 5 or 6 pints of the finest wheat-flower you can get, to which put in a spoonful, and not more of good Yeast; then mingle it well with Butter, Cream and Rose-water, and Sugar finely beaten, and working it well into Paste, make it into what form you please, and bake it.

160. *To make Pan cakes.*

Put 8 Eggs to 2 quarts of Flower, casting by four whites, season it with Cinamon, Nutmeg, Ginger, Cloves, Mace, and Salt, then make it up into a strong Butter with Milk, beat it well together, and put in half a pint of Sack, make it so thin that it may run in your Pan how you please, put your Pan on the fire with a little Butter, or Suet, when it is very hot, take a Cloath and wipe it out, so make your Pan very clean, then put in your Butter, and run it very thin, supply it with little bits of Butter, and so toss it often, and bake it Crisp and Brown.

161. *To*



## 191. To make a Junket.

Take Ews, or Goats-milk, or for want of these Cows milk, and put it over the fire to warm, then put it in a little Runnet, then pour it out into a dish, and let it cool, then strew on some Cinnamon and Sugar, and take some of your Cream and lay on it, scrape on sugar and serve it.

## 162. To make excellent Marrow-spinage Pasties.

Take Spinage and chop it a little, then boyl it till it be tender, then make the best rich light crust you can, and roul it out, and put a little of your Spinage into it, and Currans, and Sugar, and store of lumps of Marrow, clap the Paste over this to make little Pasties deep within, and fry them with Clarified Butter.

## 163. To make a Pine-Apple Tart.

Beat 2 handfuls of Pine-apples with a prick'd Quince and the pulp of two or three Pippins, when they are well beaten put to them half a pint of Cream, a little Rose-water, the yolks of 6 Eggs, with a handful of Sugar, if it be thick add a little more Cream to it, so having your thin low Coffins for it dryed, fill them up, and bake them; you may garnish them with Orangedo, or Lozenges of Sugar-plate, or what else you please.

## 164. To dry Neats-tongues.

Take Bay-salt beaten very fine, and salt-peter, of each alike, and rub over your tongues very well with that, and cover all over with it, and as it wasts put on more, and when they are hard and stiff they are enough, then roul them in Bran, and dry them before a soft fire, and before you boyl them let them lye a night in Pump-water, and boyl them in the same Water.

## 165. To stew Birds the Lady Buttlers way.

Take small Birds, pick them, and cut off their Legs, fry them in sweet butter, lay them in a cloath to dry up the butter, then take Oysters and mince them, and put them in a dish, put to them White-wine and Cinnamon, put in the birds with Cloves, Mace and Pepper; let all these stew together covered till they be enough, then put into it some Sugar, and some  
toasted

toasted Manchet, and put it in the Dish, and so serve it up to the Table.

166. To make a sweet Pye with Lambstones, and Sweet breads and Sugar.

Slit the Lamb-stones in the middle, and skin them, wash the Sweet-breads both of Veal and Lamb, and wipe them very dry: take the Lamb's Liver, and shred it very small, take the Udder of a Leg of Veal and slice it, season all with a little Salt, Nutmeg, Mace and Cloves beaten, and some whole Pepper, then shred two or three Pippins, and Candied Limon and Orange-peel, half a dozen Dates sliced, with Currans, white Sugar, a few Caraway-seeds, a quarter of a pint of Verjuice, and as much Rose-water, two Eggs, roul up all these together with the juice of Spinage, and lay a Pudding, then a sweet-bread, then a Lamb-stone, till you have filled up the Pye, and cover them with Dates, and sliced Citron and Limon. When it is drawn take 2 or 3 Yolks of Eggs, beat them, and put to them a little fresh Butter, White-wine and Sugar, and pour it into the Tunnel, scrape some Loaf-sugar upon the Lid, and so serve it.

165. To Roast Eels.

When they are dead cut them to pieces, about 3 or 4 Inches long, dry them, and put them into a dish, mix a little Thyme, 2 Onions, a piece of Limon-peel, a little Pepper beaten small, Nutmeg, Mace, and Salt, when it is cut exceeding small. Brew it on the Eels, with the Yolks of 2 or 3 Eggs, then having a small Spit, or else two square sticks made for that purpose, spit through the Eels cross ways, and put a bay-leaf between every piece of Eel, and tying the sticks on a spit let 'em roast; you need not turn 'em constantly, but let 'em stand till they be brown on one side, and then turn 'em on the other side, and put the dish (in which the Eel was with the seasoning) underneath to save the Gravy, baste it over with sweet butter. The sauce must be a little Claret-wine, some minced Onions with their Liquor, a grated Nutmeg, and an Onion, with sweet butter and so serve it.

168. To

## 168. To boyl Cocks or Larks.

Boyl them with the Guts in them in strong broath or fair Water, and 3 or 4 whole Onions, large Mace and Salt, the Cocks being boyled make sauce with some thin slices of Manchet, or grated bread in another Pipkin, and some of the broath where the Fowl, or the Cocks boyl, then put to it some Butter, and the Guts and the Liver minced, then take some yolks of Eggs dissolved with Vinegar, and some grated Nutmeg, put it to the other ingredients, stir them together, and dish the Fowl in fine Sippets, pour on the sauce with some sliced Limons, Grapes or Barberries and run it over with beaten butter.

## 169. To broyl Oysters.

Take the biggest Oysters you can get, then take a little minced Thyme, grated Nutmeg, grated bread, and a little salt, put this to the Oysters, then get some of the largest bottom shells, and place them on the Grid Iron, and put 2 or 3 Oysters in each shell, then put some butter to them, and let them simmer on the fire till the Liquor bubbles low, supplying it still with butter, when they are crisp, feed them with White wine, and a little of their own Liquor, with a little grated bread, Nutmeg, and minced Thyme, put as much only as to relish it, so let it boyl up again, then add some drawn butter to thicken them, and dish them.

## 170. To pickle Oysters.

Take a quart of the largest great Oysters, with all their Liquor, wash them clean and wipe them, add to them a pint of fair water; and half a pint of white wine Vinegar, half an ounce of whole Pepper, a handful of salt, a quarter of an ounce of large Mace with the Liquor of the Oysters strained; put altogether in a Pipkin over a soft fire, let them simmer together a quarter of an hour, when the Oysters are enough take them up, and put them into a little fair water and Vinegar, till they be cold; let the Pickle boyl a quarter of an hour after the Oysters are taken up.

p, both being cold, put them up together; when you use them, Garnish the dish with Barberries and Limon, and a little of the Mace and Pepper, and pour in some of the pickle.

171. *To make English Pottage.*

Make it with Beef, Mutton and Veal, putting in some Oat-meal, and good pot-herbs, as parsley, sorrel, Violet-leaves, and a very little Thyme, add sweet Marjoram, scarce to be tasted, and some Marygold-leaves at last; you may begin to boyl it over Night, and let it stand warm all night, and make an end of boyling it next Morning, it is good to put into the pot at first 20 or 30 corns of whole Pepper.

172. *To stew Beef.*

Take very good Beef, and slice it very thin, beat it with the back of a Knife, put to it the gravy of some Meat, and some Wine, and strong broath, sweet Herbs a quantity, let it stew till it be very tender, season it to your liking, and garnish your dish with Marygold-flowers, or Barberries.

173. *To make excellent Minc'd Pyes.*

Parboyl Neats-tongues, then peel and hash them with as much as they weigh of Beef-suet and stoned Raisins, and pickt Currans; chop all exceeding small, that it be like pap; employ therein at least an hour more than ordinarily is used, then mingle a very little Sugar with them, and a little Wine, and thrust it up and down, some thin slices of green Candied Citron-peel, and put this into Coffins of fine light, well reared Crust, half an hours baking will be enough: If you strew a few Caraway-Comfits on the top it will not be amiss.

174. *To Pickle Roast beef, Chine or Surloin.*

Stuff any of the aforesaid Beef with Penny-royal, or other sweet Herbs, or Parsley. Minced small, and some Salt, prick in here and there a few whole Cloves, and Roast it; then take Claret-wine, Wine-vinegar, whole Pepper, Rosemary, Bays and Thyme, bound up close in a bundle, and boyled in some Claret-wine, and Wine-vinegar, make

make the Pickle, and put some salt to it, and pack it up in a barrel that will just hold it, put the pickle in it, close it on the Head, and keep it for your use.

*175. To make a Double-tart.*

Peel Codlings tenderly boyled, cut them in halve and fill your Tart; put into it a quarter of an hundred of Codlings, a pound and half of sugar, a few cloves and a little Cinamon, close up the Coffin and bake it. When it comes out cut off the Lid, and having a Lid cut in flowers ready, lay it on, and Garnish it with Preserves of Damsons, Raspberries, Apricots and Cherries, and place a preserved Quince in the Middle, and strew it with Sugar-biskets.

*176. To make a Warden or Pear-pye.*

Bake your Wardens or Pears in an Oven, with a little Water and a good quantity of Sugar, let your pot be covered with a piece of Dough, let them not be fully baked for a quarter of an hour, when they are cold make a high Coffin, and put them in whole, adding to them some Cloves, whole Cinamon, Sugar with some of the Liquor they were baked in, so bake it.

*177. To bake a Pig Courts Fashion.*

Flea a small young Pig cut in quarters, or smaller pieces, and season it with Pepper, Ginger and Salt, lay it into a fit coffin, strip and Mince small a handful of Parsley, 6 sprigs of Winter-savoury, strew it on the Meat in the Pye, and strew upon that the Yolks of 3 or 4 hard Eggs Minced, and lay upon them 5 or 6 blades of Mace, a handful of Clusters of Barberies, a handful of Currans well washed and Pickt, a little sugar, half a pound of sweet-butter or more; close your pye and set it in an Oven as hot as for Manchet, and in 3 hours it will be well baked, draw it forth, and put in half a pound of Sugar, being warmed upon the fire, pour it all over the meat, and put on the Pye-lid again, scrape on Sugar and serve it hot to the Table.

*178. To make a Pudding of Hogs-Liver.*

Boyl your Liver, and grate it, put to it more grated Bread then Liver, with as much fine flower of either,

put



Put 12 Eggs to the value of a Gallon of this mixture with about 2 pound of beef-suet minced small, and a pound and half of Currans, halft a quarter of a pint of Rose-water, a good quantity of Cloves and Mace, Nutmeg, Cinamon and Ginger, all mixed very small, mix all these with sweet Milk, and Cream, and let it be no more thicker then Fritter-butter, to fill your Hogs-guts, you make it with the Maw, fit to be eaten hot at the table; In your knitting or tying the Guts, you must remember to give them 3 or 4 Inches Scope; In your putting them in boyling Water, you must handle them round, to bring the meat equal to all parts of the gut; they will ask about half an hours Boyling, the boyling must be Sober, if the Wind rise in them, you must be ready to prick them, or else they will flye and burst in pieces.

179. *Olives of Beef Stewed and Roasted.*

Take a Buttock of Beef, and cut some of it into thin slices as broad as your hand, then hack them with the back of your knife, Lard them with small Lard, and season them with Pepper, Salt, and Nutmeg, then make Farling with some sweet Herbs, Thyme, Onions, the yolks of hard Eggs, Beef-suet or Lard, all minced, some Salt, Barberries, Grapes or Gooseberries; season with the former Spice lightly, and work it up together, then lay it on the slices, roul them up round, with some caul of Veal, Beef or Mutton, bake them in dish in the Oven, or Roast them; then put them in Pipkin with some butter and Saffron, or none; Now off the Fat from the Gravy, and put it to them, with some Artichocks, Potatoes, Skirrets blanched, being first boyled, a little Claret-wine, and serve 'em with Apples, with some sliced Orange, Limon, Barberries, Capers or Gooseberries.

180. *To make French-Barley Poffet.*

Put 2 quarts of milk to half a pound of French barley, yll it small till it is enough; when the milk is almost boyled away, put so it 3 pints of good Cream, let it boyle together a quarter of an hour; then sweeten it, and

put in Mace and Cinamon in the beginning, when you first put in your Cream, when you have done so, take White-wine a pint, Sack and White-wine together, of each half a pint, Sweeten it as you love it with Sugar, pour in all the Cream, but leave your Barley in the Skillet; this will make an excellent Posset, nothing else but a tender Curd to the bottom; let it stand on the Coals half a quarter of an hour.

181 *To bake Chucks of Veal.*

Parboyl 2 pound of lean flesh of a leg of *Veal*, mince it as small as grated bread, with 4 pound of beef-suet: then season it with Biskets, Dates and Carraways, and some Rose-water, Sugar, Raisins of the Sun, and Currans, Cloves, Mace, Nutmeg and Cinamon; mingle them altogether, fill your Pyes and bake them.

182. *How to stew a Mallard.*

Roast your Mallard half enough, then take it up and cut in little pieces, then put it into a dish with the Gravy, and as much Liquor as will cover it, then put in a piece of fresh Butter, and a handful of Parsley chopt small, with 2 or 3 Onions, and a Cabbage-lettuce, let them stew one hour, then season it with Pepper and Salt, and a little Verjuice, so serve it.

183. *To stew a Rabbit.*

Half Roast it, then take it off the Spire, and cut it into little pieces, and then put it into a dish with the Gravy, and as much Liquor as will cover it, then put in a piece of Butter, and some powder of Ginger, Pepper and Salt, 2 or 3 Rippins minced small, let these stew an hour and dish them upon sippets, and serve it.

184. *To make a Pidgeon Pye.*

Truss your Pidgeons to bake, and set 'em, and lard the one half of 'em with Bacon, mince a few sweet Herbs and Parsley with a little beef-suet, the yolks of hard Eggs, and an Onion or two, season it with Salt, beaten Pepper, Cloves, Mace and Nutmeg, work it up with a piece of Butter, and for the bellies of the Pidgeons, season them with salt and Pepper as before. Take also as many Lamb-stones, seasoned as before with 6 collops of Bacon, the salt drawn out, then make

round Coffin and put in your Pidgeons, and if you will put in Lamb-stones and Sweet-breads, and some Artichoke-bottoms, or other dry meat to soak up the juice because the pye will be very sweet and full of it, then put a little white-wine beaten up with the yolk of an Egg, when it comes out of the Oven, and serve it.

184. *To Roast a Hare.*

When you Case your Hare, do not cut off his hinder Legs or Ears, but hack one Leg thro' another, and so also cut a hole thro' one Ear, and put it thro' the other, and so Roast him; make your sauce with the Liver of the Hare boyled, and minced small with a little Marjoram, Thyme and Winter savoury, and the yolks of 2 or 4 hard Eggs, with a little Bacon and Beef-suet, boyl all this up with Water and Vinegar, and then grate a little Nutmeg, and put to it some sweet Butter, and a little Sugar; dish your Hare, and serve it. This may also serve for Rabbits.

185. *A Rare Broth.*

Take a couple of Cocks, and cut off their Wings and Legs, and wash them clean, and parboyl 'em very well, till there rise no scum, then wash them again in clear water, then put them in a pitcher with a pint of Rhenish-wine, and some strong broth, as much as will cover them, together with a little China-root, an ounce of 2 of Hartshorn, with a few Cloves, Nutmeg, large Peppercorne, Ginger shred, and whole Pepper, and a little Salt, stop your Pitcher Close, that no steam may come out, boyl the pitcher in a great pot of water about 6 hours, then pour out the broth and strain it into a Bason, and squeeze in it the juice of 2 or 3 Lemons, so eat it.

186. *To Bake Sweet-breads.*

Boyl your Sweet-breads, and put to them the yolks of 2 Eggs new laid, grated bread, with some parboyl-Currans, and 3 or 4 Dates minced, and when you have seasoned it highly with Pepper Sugar Nutmeg and Salt, put to it the juice of a Limon; put up all these together into puff-paste, and so bake it.

## 187. To make Pottage of French-barley.

Pick your Barley very clean from dirt and dust, the boyl some Milk, and put it in while it boyls, when it is boyled, put in a little salt, sugar, large mace, and a little Cream, and when you have boyled it pretty thick dish it, and serve it up with sugar scraped thereon.

## 188. To make a Florentine of Sweet-breads or Kidneys.

Take 3 or 4 Kidneys or Sweet breads, and when they are parboyled, mince them small; season it with a little Cinnamon and Nutmeg, sweeten it with sugar and a little grated Bread, with the Marrow of 2 or 3 Marrow-bones, in good big pieces, add to these about a quarter of a pound of Almond-paste, and about half a pint of Malaga Sack, 2 spoonfuls of Rose-water, Musk and Ambergrease, of each a Grain, with a quarter of a pint of Cream, and 3 or 4 Eggs mix all together, and make it in puff-paste, then bake it in 3 quarters of an hour it will be enough.

## 189. To make Pottage of a Capon.

Take Beef and Mutton and cut it into pieces, then boyl in a large earthen pot of Water, take out half the Water, put in your Meat and skim it, and when it boyls season it with Pepper and Salt; when it hath boyled about 2 hours, put in 4 or 5 Cloves, half an hour before you think it is enough, put in your Herbs, Sorrel, Purslain, Burrage, Lettuce and Borage, or Green-pease, and in the Winter Parsley-roots, and white Endive, pour the Broath upon light Bread Toasted and Stew it a while in the Dish Covered. If your Water comes to a sume in Boyling, fill it up with Water boyling hot. The less there is of the broath the better it is, tho' it be but a Porridge full, for then it will be as stiff as Jelly when cold.

## 190. To make a Pye with Pippins.

Pare your Pippins, and cut out the Cores, then make your Coffin of Crust, take a good handful of Quinces sliced, and lay at the bottom, then lay your Pippins a top, to fill the holes where the Core was taken out, with syrup of Quinces, and put in every Pippin a piece of Orangado, then pour on the top syrup of Quinces, then put in Sugar, and so close it up, let it be very well baked, for it will ask much looking, especially the Quinces.

## 191. To make a Pye of Neats-tongues.

Parboyl two Neats-tongues, then cut out the meat at the Root-end as far as you can, not breaking it out at the sides, take the meat you cut out, and mingle it with a little suet, a little Parsley and a few sweet Herbs, cut all very small, and mingled together, season all this with *Ginger, Cloves, Mace, Pepper, Salt*, and a little grated Bread, and as much Sugar, together with the yolks of 3 or 4 Eggs; make this up together, and season your Tongues in-side and out-side, with your seasoning aforesaid, and wash 'em within with the yolk of an Egg, and force 'em where you cut the meat, and what remains make into a forc'd; then make your paste in the fashion of a *Neats-tongue*, and lay 'em in with Puddings, and little balls, then put to 'em *Limon* and Dates shred, butter on the top, and close it, when it is bak'd, put in a lear of the Venison sauce, which is *Claret-wine Vinegar, grated Bread, Cinamon, Ginger, Sugar*, boyl it up thick that it may run like butter, and let it be sharp and sweet, and so serve it.

## 192. To make a Sallad of Green-pease.

Cut up as many Green-pease as you think will make a Sallad, when they are newly come up about half a Foot high, then set your Liquor over the fire, and let it boyl, and then put them in, when they are boyled tender, put them out and drain them very well; then mince them and put in some good sweet butter, salt it and stir it well together, and so serve it.

## 193. To make a Sallad of Fennel.

Cut your Fennel while it is young, and about 4 fingers high, tye it up in bunches like *Asparagus*, gather enough for your Sallad, and put it in when your water is boyling hot, Boyl it soft, drain it, dish it up with butter as the Green-pease.

## 194. To make a Tansie of Spinage.

Take a quart of Cream, and about 20 Eggs without the whites, add to it Sugar and grated *Nutmeg*, and colour it green with the juice of *Spinage*, then put it in your dish, and squeeze a *Limon* or two on it: Garnish



it with slices of Orange, then strew on Sugar, and so serve it.

195. *To make a Hash of Ducks.*

When your Ducks are Roasted, take all the flesh from the Bones, and hash it very thin, then put it in to your stewing-pan with a little Gravy, strong broth and Claret-wine, put to it an Onion or 2 minced very small, and a little small Pepper, let all this boyl together with a little Salt, then put to them about a pound of Sausages, when you think they are ready stir them with a little Butter drawn: Garnish it with Limon and serve it.

196. *To make French Puffs with Green Herbs.*

Take a quantity of *Endive*, *Parsley* and *Spinage*, and a little *Winter savoury*, and when you have minced 'em exceeding small, season them with *Sugar*, *Ginger* and *Nutmeg*; beat as many Eggs as you think will wet your Herbs, and so make it up; then pare a Limon and cut in thin slices, and to every slice of Limon, put a slice of your prepared stuff, then fry it in sweet butter, and serve them in sippets, after you have put to them either a Glass of Canary or White-wine.

197. *To stew a Dish of Breems.*

Take your Breems and dress them, and dry them well, and salt them; then make a Charcoal Fire, and lay 'em on the Grid-Iron over the fire being very hot, let them be indifferent brown on both sides, then put a glass of Claret in a Pewter-dish, and set it over the fire to boyl, put into it 2 or 3 Anchovies, as many Onions, and about half a pint of Gravy, a pint of Oysters, with a little Thyme minced small, when it hath boyled a while, put to it a little melted Butter and Nutmeg: Then dish your Bream, and pour all this upon it, and set it again on the Fire, putting some yolks of Eggs over it.

198. *To Boyl a Mullet.*

Having scalded your Mullet, you must save their Livers and Roes, then put 'em in water boyling hot, put to 'em a glass of Claret, a bundle of sweet Herbs

with

with a little Salt and Vinegar, 2 or 3 whole Onions, and a Limon sliced; then take some whole Nutmegs and quarter them, and some large Mace and some Butter drawn with Claret, whereindissolve 2 or 3 Anchovies; dish up your fish and put on your sauce, being first seasoned with Salt. Garnish your dish with fried Oysters and Bay-leaves; and thus you may season your Liquor for boyling most other Fish.

199. *To Farce, or stuff a Fillet of Veal.*

Take a large Leg of Veal, and cut off a couple of Fillets from it, then mince a handful of sweet Herbs and Parsley, and the yolks of 2 or 3 hard Eggs, let all these be minced very small, then season it with two grated Nutmegs, and a little Salt, and so farce or stuff your Veal with it, then lard it with Bacon and Thyme very well, then let it be Roasted, and when it is almost enough, take some off your stuffing, about a handful, and as many Currans, and put these to a little strong broth, a Glass of Claret, and a little Vinegar, a little Sugar, and some Mace: When your meat is almost ready, take it up and put it into this, and let it stew, putting to it a little butter melted, put your meat into your dish, and pour your sauce upon it, and so serve it.

200. *To make a Pudding of Rice.*

Take a good handful of Rice beaten small, and put it into about 3 pints of Milk, adding a little Mace and Cinamon, then boyl it, keeping it always stirring, till it grow thick, then put a piece of butter into it, and let it boyl a quarter of an hour, then pour it out to cool, then put to it half a dozen Dates minced, a little Sugar, a little beaten Cinamon, and a couple of handfuls of Currans, then beat about 10 Eggs, throwing away 2 or 3 of the Whites, put in some Salt, butter the bottom of your dish, pour in your Pudding, let it bake half an hour, put on a little Rose-water and Sugar, and serve it.

201. *To make excellent White Puddings.*

Take the Humbles of a Hog, and boyl them very tender

tender, then take the Heart, the Lights, and all the flesh about them, picking 'em clean from all the sinewy skins, and then chop the meat as small as you can, then take the Liver and boyl it hard, and grate a little grated Nutmeg, Cinamon, Cloves Mace, Sugar, and a few Carraway-seeds, with the yolks of 4 or 5 Eggs, and about a pint of the best Cream, a Glas of Canary, and a little Rose-water, with a good quantity of Hogs-suet and Salt, make all into Rouls, and let it lye about an hour and half before you put in the Guts, laying the Guts a-sleep in Rose-water before, boyl 'em, and have a care of breaking 'em:

## 202. To stew Flounders.

Draw your Flounders and wash 'em, and scotch 'em on the white-side, being put in a dish, put to 'em a little White-wine, a few minced Oysters, some whole Pepper, and sliced Ginger, a few sweet Herbs, 2 or 3 Onions, quarded, and salt; put all these into your stewing Pan covered close, and let stew as soon as you can, then dish them on sippets; then take some of the Liquor they were stewed in, put some butter to it, and the yolk of an Egg beaten, and pour it on the Flounders; Garnish it with Limon and Ginger beaten on the brims of the dish.

## 203. To draw Butter for Sauce.

Cut your butter into thin slices, put it in your dish, let it melt leasurely on the Coals, being often stirred, and after it is melted, put to it a little Vinegar, or fair Water, which you will; beat it up till it be thick, if it keeps its colour white, it is good, but if yellow and turn'd, it is not to be used.

## 204. To Roast a Salmon whole.

Draw your Salmon at the Gills, and after it is scaled and wash't and dry'd, Lard it with pickled Herring, or a fat Eel salted, then take about a pint of Oysters par-boyled, put to these a few sweet Herbs, some grated bread, about half a dozen hard Eggs, with 2 Onions, shred all these very small, and put to it Ginger, Nutmeg, Salt, Pepper, Cloves and Mace; Mix these together, and put

put 'em all within the *Salmon* at the Gills: put them into the Oven in an Earthen-pan, born up with pieces of wood in the bottom of the dish, put *Claret-wine*; and baste your *Salmon* very well over with Butter; before you put it into an Oven, when it is drawn; make your sauce of the Liquor that is in the Pan, and some of the spawn of the *Salmon* boyled, with some melted butter on the top, stick him about with Toasts and Bay-leaves fryed, take out the *Oysters* from within, and Garnish the dish therewith.

204. To make excellent Sauce for Mutton, either  
*Chines, Legs or Necks.*

Take half a dozen Onions shred very small, a little strong Broath, and a glass of *White-wine*, boyl all these well together; then take half a pint of *Oysters*, and mince them with a little Parsley, and 2 or 3 small bunches of Grapes; if in season, with a Nutmeg sliced, and the yolks of 2 or 3 Eggs, put in all these together with the former, and boyl it, and pour it all over your Meat, and then pour on some melted butter on the top, and strew on the yolks of 2 or 3 hard Eggs minced small.

205. Another good Sauce for Mutton.

Take a handful of pickled Cucumbers, as many Capers, and as much Samphire, put them into a little *Verjuice*, *White-wine*, and a little strong broath, and a Limon cut in little small pieces, and a little Nutmeg grated; let them boyl together, and then beat them up thick, with a Ladeful of butter melted, and two yolks of Eggs, and a little Sugar, Dish your meat upon sippets, pour on your sauce, and Garnish it with Samphire, Capers and Barberies.

206. To make Sauce for Turkies or Capons.

Take a Two-penny White-loaf, and lay it in soak in strong Broth, with Onions sliced therein, then boyl it in Gravy, together with a Limon cut in small pieces: A little Nutmeg sliced, and some melted butter, put this under your Turkey or Capon, and so serve it: You will find it excellent Sauce.

## 210. To Fry Salmon.

Take a Jole, Chine or Rand, and fry it in Clarified Butter, when it is stiff and Crisp fryed. make sauce thereof with a little Claret-wine, sweet butter, grated Nutmeg, slices of Orange, and Oyster Liquor, stew them altogether, and pour on the sauce, and on that Parsley, *Alisaunder* and *Sage-leaves* fry'd in Butter.

*Because many Books of this Nature, have the Terms of Carving added to them, as being Necessary for the more Proper Nominating of things; I have thought good also to add them: As also some Bills of Fare, both upon Ordinary and Extraordinary Occasions.*

**Terms of Carving, both Fish, Fowl, and Flesh.**

<b>A</b> LLAY a Pheasant.	Tranch that Sturgeon.
Barb a Lobster.	Sauce Place or Flounders.
Border a Passly.	Side that Haddock.
Break a Deer or Egrip.	Splay that Bream.
Break a Sarcel or Teal.	Splat that Pike.
Chine a Salmon	Unbrace a Mallard.
Culpon a Trout.	Under-Tench a Porpuſs.
Mince that Plover.	Un-joynt a Bittern.
Rear that Goose.	Unlace a Coney.
Sauce a Capon or Tench.	Untach that Curlew.
Cut up a Turkey or Bustard.	Untach that Brew.
Dismember that Heron.	Spoil that Hen.
Display that Cran.	String that Lamprey.
Disfigure that Peacock.	Tame a Crab.
Fin that Chevin.	Thigh a Pidgeon, Woodcock,
Leach that Brawn,	all manner of small Birds.
List that Swan.	Tranſon that Eel.
Timber the Fire.	Truſs that Chicken.
Tire an Egg.	Tusk a Barbel.



Particular Directions how to Carve, according to the former Terms of Carving.

*Unlace that Coney.*

**L**AY your Coney on the back, and cut away the Vents, then raise the wings and the sides; and lay the Carcass and the sides together; then put to your sauce, with a little beaten Ginger and Vinegar.

*Thigh a Wood-cock.*

Raise the Legs and wings of the Wood-cock, as you would do of a Hen, then take out the Brains, and no other sauce but Salt.

*Alay a Pheasant.*

Raise the legs and the wings of a Pheasant, as of a Wood cock, as also of a Snipe and a Plover, and only Salt.

*Display a Crane.*

Unfold the Legs of the Crane, and cut off his wings by the Joynts, then take up his Wings and Legs, and make sauce of Mustard, Salt, Vinegar, and a little beaten Ginger.

*To cut up a Turkey.*

Raise up the leg very fair, and open the joynt with the poynt of your Knife, but cut not it off, then lace down the Breast with the point of your Knife, and open the Breast pinion, but take it not off, then raise up the Merry-thought betwixt the Breast-bone and the Top, then Lace down the flew on both sides the breast-bone, and raise up the flesh called the Brawn, and turn it outward upon both sides, but break it not, nor cut it off, then cut it of the Wing-pinions, at the joynt next the body, and stick in each side the Pinion, in the place you turned out the brawn, but cut off the sharp end of the Pinion, and take the middle-piece, and that will fit just in the place; you may cut up a Capon or Pheasant the same way.

*Break a Sarcel, Teal, or Egript.*

Raise the legs and wings of the Teal, and no sauce but Salt.

*Wing*

*Wing a Partridge or Quale.*

Raise his Legs and Wings, as of a Hen, and if you mince him, make sauce with a little White-wine, and a little beaten Ginger, keeping him warm upon a Chafing-dish of Coals, till you serve him.

*To Untauch a Curlew or Brew.*

Take either of them, Raise the Legs as before, and no sauce but Salt.

*To Unbrace a Mallard.*

Raise up the Pinion and legs, but take them not off, and raise the *Merry-thought* from the Breast, and Lace down each side with your knife, waving it too and fro.

*To Sauce a Capon.*

Lift up the right leg of a Capon, and also the right wing, and so lay it in the Dish in the posture of Flying, and so serve them; but remember that Capons and Chickens be only one Sauce, and Chickens must have Green Sauce, or Verjuice.

## Bills of Fare for all times of the Year ; and also for Extraordinary Occasions.

### *A Bill of Fair for Spring Season.*

- |  |                                      |
|--|--------------------------------------|
| 1. <b>A</b> Collar of Brawn and Mustard. | 4 A dish of Asparagus                |
| 2. A Neats- Tongue and Udder.            | 5 Tansie                             |
| 3. Boyled Chickens.                      | 6 Tarts and Custards                 |
| 4. Green-Geese                           | <i>A bill of Fair for Midsummer.</i> |
| 5. A Lumbar Pye                          | 1 Neats-tongue and Colli-flowers     |
| 6 A Dish of Young Rabbits.               | 2 A Fore-quarter of Lamb             |
|  | 3 A Chicken Pye                      |
|  | 4 Boyled Pidgeon                     |
|  | 5 A Couple of Stewed Rabbits.        |
|  | 6 A Breast of Veal Roasted.          |

### *Second Course.*

1. A Haunch of Venison
2. Veal Roasted
3. A dish of soles or smelts

# The Art of Carving.

## Second Course

- 1 An A'rtrichoak Pye
- 2 A Venison-pasty
- 3 Lobsters and Salmon
- 4 A dish of Pease
- 5 A Goose-berry-Tart
- 6 A dish of Strawberries

## A Bill of Fair for Harvest.

- 1 A Capon and white-broth
- 2 A Westphalia-ham with Pidgeons
- 3 A Grand Sallad
- 4 A Neats-tongue and Udder Roasted
- 5 A Powdered Goose
- 6 A Turkey Roasted

## Second Course

- 1 A Potato or Chicken-Pye
- 2 Roasted Partridges
- 3 Larks and Chickens
- 4 A made dish
- 5 A Warden-pye or Tart
- 6 Custards

## A Bill of Fair for Winterseason.

- 1 A Collar of Brawn
- 2 Lambs head and whitebroth
- 3 A Neats-tongue & Udder Roasted
- 4 A dish of Minc'd-pyes.
- 5 A Venison or Lamb-pye
- 6 A dish of Chickens

## Second Course

- 1 A side of Lamb
- 2 A dish of Wild-Ducks
- 3 A Quince Tart
- 4 Two Capons Roasted
- 5 A Turkey Roasted
- 6 A dish of Custards

## A Bill of Fair upon Extraor-

## dinary Occasions.

- 1 A Coller of Brawn
- 2 Two Pullets boyled
- 3 A Bisk of Fish
- 4 A dish of Carps
- 5 A grand boyled meat
- 6 A grand sallad
- 7 A Venison Pasty
- 8 A Roasted Turkey
- 9 A Fat Pig
- 10 A Powdered Goose
- 11 A Haunch of Venison Roasted
- 12 Neats-tongue and Udder Roasted
- 13 A Westphalia - Ham boyled

- 14 A Joll of Salmon

- 15 Minc'd Pyes
- 16 A Sir-loin of Roast-beef
- 17 Cold baked Meats
- 18 A dish of Custards

## Second Course

- 1 Jellies of all sorts
- 2 A dish of Pheasants
- 3 A Pike boyled
- 4 An Oyster Pye
- 5 A dish of Plovers
- 6 A dish of Larks
- 7 A Joll of Sturgeon
- 8 Two Lobsters
- 9 A Lumber-pye
- 10 Two Capons
- 11 A dish of Partridges
- 12 A Fricacy of Fowls
- 13 A dish of Wild ducks
- 14 A dish of cram'd Chickens
- 15 A dish of stewed Oysters.
- 16 A Marsh-Pane

17 A dish of Fruits

18 A dish of Tarts

*A Bill of Fare for Fish Days.*

1 A dish of Butter &amp; Eggs

2 A Barrel of Oysters

3 A Pike boyled

4 A stewed Carp

5 An Eel Pye

6 A Pole of Ling

7 A dish of green fish buttered with Eggs

8 A dish of stewed Oysters

9 A spinage sallet boyled

10 A dish of soles

11 A joll of fresh salmon,

12 A dish of Smelts fry'd.

*Second Course.*

1 A couple of Lobsters

2 A roasted spitcheock.

3 A dish of Anchovies

4 Fresh Cod

5 A Bream Roasted

6 A dish of Trouts.

7 A dish of Place boyled

8 A dish of Peaches

9 A Carp farced

10 A Potato Pye

11 A dish of Brawns buttered

12 Tenches with short broth

13 A dish of Turbut

14 A dish of Eel-pouts

15 A Surgeon with short broth

16 A dish of Tarts and Cust.

*A Bill of fare for a Gentleman's house, about candlemas.*

1 A Pottage with a Hen

2 A Catham Pudding

3 A Fricacie of Chickens

4 A Leg of Mutton with a Sallet

Garnish your dishes with Barberies

*Second Course*

1 A chine of Mutton

2 A chine of Veal

3 A Lark Pye

4 Two Pullets, 1 Larded  
Garnished with slices  
of Orange*Third Course.*

1 A dish of Wood-cocks

2 A couple of Rabits

3 A dish of Asparagus

4. A West-phalia-Gammon.

*Last Course*1 Two Oringe tarts, 1 one  
with Herbs

2 A Bacon-tart

3 An Apple-tart

4 A dish of bon Chrit-  
en-Pears

5 A dish of Pippins

6 A dish of Pear-manes

*A Banquet for the same  
season.*

1 A dish of Apricocks

2 A dish of Marmalad of  
Pippins.3 A dish of preserved  
Cherries.

4 A whole Red Quince

5 A Dish of Dried  
Sweet-Meat.

Chan-

A great FEAST made by George Nevil, Chancellor of England, and Arch-Bishop of York, in the Days of EDWARD the Fourth, 1468. And a Bill of Fare as it was taken out of the Records of the Tower of London.

0300 **Q**UARTERS of Wheat.  
0300 Tun of Ale  
0100 Tun of Wine  
0001 Pipe of Ipcras  
0104 Oxen  
0006 Wild Bulls  
1000 Muttons  
0304 Veals  
0304 Porks  
0400 Swines  
3000 Geese  
1000 Capens  
3000 Piggs  
0400 Plovers  
0100 Dozen of Quails  
0200 Dozen of Fowls called Rees  
0400 Peacocks  
0400 Mallards and Teals.  
0234 Cranes  
0204 Kidds  
3000 Chickens  
4000 Pidgeons  
4000 Coneys  
0200 Bullers  
9400 Heranshaws  
0200 Pheasants  
0500 Partridges  
0400 Woodcocks

0100 Curlews  
1000 Egrites  
0304 Stags, Bucks & Roes  
0103 Venison Pasties cold  
0508 Pikes and Breams  
6000 Dishes of Jelly  
0103 Cold Tarts  
3000 Cold Custards  
1500 Hot Venison Pasties  
3000 Hot Custards  
0013 Porresses and Seals  
Besides abundance of Sweet-Meats.

*The Great Offices.*

Earl of Warwick, Steward.  
E. of Northumb. Treasurer.  
Lord Hastings, Cup-bearer:  
Lord Willowby, Carver.  
Lord John of Buckingham, Controuler.  
Sir Rich. Stanwix Surveyor:  
Sir William Worlly, Marshal of the Hall.  
Eight Knights of the Hall  
Eighty Esqs; of the Hall  
Two other Surveyors of the Hall.  
Sir John Malbury, Pantler.  
Two Esqs; Keepers of the Cubbard.

Sir



Sir John Pracenock, Supervisor of the Hall.

*Estates sitting in the Hall.*

*At the High Table.*

The Arch-bishop in his State, on his right-hand, the Bishops of London, Durham and Ebie.

On his left-hand, the Duke of Suffolk, the Earls of Oxford and Worcester.

*At the Second Table.*

The Abbots of St. Maries.

The Doctors of Halls of Rivones.

The Choristers of Rivones

The Prownes of Durham of Girelen, and of Berlenton, of Gilerow, and others, the number of eighteen.

*At the Third Table.*

The Deans of York, the Lords of Cornwell, York, Durham, with 48 Knights.

*At the fourth Table.*

The Deans of Durham and of Saint Ambroses, all the Prebends of the Minister.

*At the fifth Table.*

The Mayors of York and Calice, and all the Aldermen

*At the sixth Table.*

The Judges of the Land 4 Barons of Exchequer, and 26 Counsellors.

*At the last Table.*

Sixty nine Knights wearing the Kings Badges and his Arms.

Estates sitting in the Chief Chamber.

*At the first Table.*

The D. of Gloucester the Kings Brother, and upon his right-hand the Duke of Suffolk, and upon his left-hand the Countess of Westmorland and Northumberland, and two of the E. of Warwicks daughters.

*At the second Table.*

The Barons of Greystock with three other Barons.

*At the third Table.*

11 Gentlewomen of the said Lands.

*Estates sitting in the second Chamber. At the first Table.*

The elder Dutchess of Suffolk, Countess of Warwick and Oxford, the Ladies Hastings and Barwick.

*At the second Table.*

The Earls of Northumb. and Westmorl. and the Ld. of Fitzhug, with two Bar.

*At the third Table.*

14 Gentlemen, and 14 Gentlewomen of Quality.

*In the Low Hall.*

412 Of the Nobility with double service.

*In the Gallery.* 200 Noblemans servants. 1100 Inferior Officers with their servants. 1500 Other meaner servants of all Offices:

62 Cooks.

*In all 2162.*

THE  
 Lady's Diversion  
 IN HER  
 GARDEN.

CONTAINING

A Handful of *Choice and Novel Curiosities*, and *Observations*, relating to  
 PLANTS and FLOWERS.

Together,

With Brief Directions for the Nice Adorning *Balconies, Turrets, and Windows*, with *Flowers, or Greens*, every Month in the Year.

By Thomas Harris, Gard'ner, at Stockwell,  
 in Surrey.

I. *Of the Gardens Form and Situation.*

HAVING resolv'd upon a Garden, you must next pitch upon its Scituation, which must not be incompas'd. too close with High Buildings, but laid open to the Air and Sun, with a convenient warm wall

Wall, or Fence, about it. As for the Earth, or Soil, if it be Unnatural, it must be made Natura by Art. If the Earth be Hot and Dry, then ought your Garden to lye upon a Level; If cold and wet, then it must lye tapering or shelving, something like the Ridge of a House: The walks in your Garden are not to be limited, but rather drawn out to your Fancy, in some shape or Figure. But besure let there be a Fountain Pump or Rivolet hard by, to furnish it with Water upon Occasion.

2. *Plants when Good, and how to Chuse them.*

After your Garden is fix'd, the borders and beds rais'd, the walks roll'd with gravel, (quite cross, from one bed to another, saving 2 foot with Turf, next the side of each bed) adorn it with Painting, &c. which will not only beautify it, but make it more durable and lasting: I say, after it is thus fitted, and completely Dung'd ready for Planting, you must consider what number of Plants you shall want; then repair to the Nursery-Garden to choose your Trees, (which is best to be done about the middle of September) and besure you fix upon none but what appear to be very sound and without Gum: Let 'em be of a fair Bark; and see that they have shot considerably that year. As for your Dwarfs and Wall-Trees, let 'em be strait, with one St. m, and one Graft. Let their buds be good and seem to promise fair,

3. *Their Diseases and Cures.*

Trees, like Mortals, are subject to many Distempers which sometimes prove deadly and epidemical: But as to Trees, the Distempers they are incident to, are chiefly caused by *Earth-worms, Canker, Gum, Robins Emmets, Green Fleas, Garden-Mice, Laires, Ear-Wiggs, Caterpillars, Snails, &c.* The first whereof lye at the Roots, and gnaw so violently the Stem, that sometimes a tree sickens and dyes immediately. Now to prevent and Cure this Disease, you must besure (as soon as you perceive the Plant to droop) to uncover the foot thereof, shorten the gnaw'd Roots thereof

search

Search for, and pick carefully all the worms out, and lay fresh wholeſom Mold thereto; which will in a little time help.----- But if your Tree hath a Canker, draw your Knife; and with the point thereof, cut it out clearly; and clap immediately ſome Cow-dung or Hogs-Dung, and wrap it round with a rag, and the ſkin or rhind will grow again.----- If Gum hath faſtened to the Bud, Graft or Stem of your Trees, it is incurable; but if 'tis only fix'd on the Branch, the Cure may be effected by cutting it off 2 or 3 Inches hollow the agrieved part.----- As for Caterpillers, Emmets, Robines, &c. they muſt be pick'd and carefully brushed off. But if your Tree ſickens by reaſon it's Branches are too heavy, give it eaſe, by lowering the Top-branches, or thoſe diſorderly ones in the middle, and it will again produce fine ſhoots. Finally, the only way to prevent 'em from being gnaw'd or wounded, by Garden-Mice and Rats, is to ſet Traps and Snares to catch 'em.

#### 4. Of Flowers.

To ſet down the particular Names of every flower, would ſwell too big for my intended Brevity, and be altogether inſignificant to the deſign of this Manual: I ſhall only give a Catalogue of the names of the chief-eſt of our *English* Flowers; which may eaſily be had and ſufficient for adorning private Gardens, And of the firſt, the

#### Rose.

The Damask and Cinamon Rose, the Rose of the World, the *English* Red Rose, the bluſh Belgick Rose, the double Muſk Rose, the great Apple Rose.

#### Tulip.

Florifante, Fair Ann, Superintendant, Aurora, General Eſſex, Suſanna, Rich Parrot, Royal Parrot, Eagle, Diana.

#### Gilliflowers.

K. Charles the Second, Q. Catherine, K. Solomon, a lovely Flower, Fair Hellena, Mayor of London, Fair Roſanna, Paramour, the Emperor, the Empreſs, Prince of

of Orange, Princess of Orange, Giant Clove, Birsna, Astragon, Double Stock Gilliflowers, Double Strip'd.

*Lillies.*

The fiery red buiby Lilly, yellow Lilly, a tall fine Flower, the white Lilly of *Constantinople*, the double white Lilly, the *Persian Lilly*.

*Prim-roses and Cowslips.*

The fair red Primrose, the Scarlet, the red Primrose, Hose in Hose, the single Yellow with the Hose divided, the Orange-colour'd Cowslip, the Twisted Cowslip, Double Green Cowslip, Red Cowslip, or Oxslip.

*Flower-de-Luce.*

*Rubente*, or the great pale-red or peach-coloured, is a fine Flower, with party-colour'd *Spanish Flower-de-luce*.

*Wall Flowers.*

The double Red, the pale Yellow, the great simple Wall-flower.

*Sweet Williams.*

Of these, the double Sweet-Johns, and the Velvet-Sweet-Williams, are the best; every slip of them set in the Spring, will grow and flower in *June*.

*Auriculaes.*

Bears-Ears, the black Imperial, blazing Star

*Saffron.*

*Crocus Verus*, or the true Saffron, which is sold by Apothecaries, the Meadow-Saffron.

5. Having given you the Names of several Eminent Flowers, to Compleat your Garden, I will Entertain you with a pretty Curiosity; which is,

*To Change the Colours of several Flowers whilst in the Blossom.*

When you are dispos'd to shew Visitants your flowers; follow them, and after they have pass'd by a flower of a purple Colour, take a Needle or Pencil

dip'd



dip'd in Spirit of Vitrol, and streak the leaves therewith, and it shall immediately turn to a rich Scarlet; to the Admiration of the Beholders: but you may be sure, those leaves so streak'd, will wither the next day.

*6. The Method to be Observed in making Hot-Beds.*

As to this particular, I will enlarge a little thereon, as knowing it to be Art worthy of Observation. First then, it must be made in a place much expos'd to the Sun; where drive Stakes into the Earth, near 4 Foot distance, in breadth at the ends, and for the length take your own Fancy, fill up both ends and sides with Wooden-slakes, almost a yard above ground; let each stake be drawn a foot distance, and wound about with straw Kopes; then flying in your Horse-dung and Wet Litter, till it rises 2 foot upon a Level; then Tread it down, and Raise it so much more, and Tread it down again, till it's almost the Height; next Nail some small Boards all round on the Top, to keep in the fine sifted Earth, which must be 5 Inches deep: Stick Hazle-Rods Arching over it, like an Arbour, strong enough to support Mats or Hair-cloth, to make it Heat; and observe so soon as the Extream Heat is over (which you may observe by feeling it blood-warm) to sow your Seeds. Note, if you are afraid your Horse-dung won't Heat, sing it light up, and Mix therein Sea-coal, and it will Heat at your pleasure.

Observe also in November, to stop all Crevices in your Green houses, that no cold may come in, to which end, lay Straw-Mats, &c; and if it should happen to Freeze set a pan of Charcoal in the Middle. And if your Plants be very dry and the Weather is not Extream, Water them Moderately; Mingling your Water in a little Sheeps Dung, Cowdung, &c. But be sure you wet not the Leaves therewith; lest the Cold Chill and strike to the Heart thereof.

*Directions for Adorning Balconies, Turrets,  
and Windows, with Flowers and Greens  
all the Year round.*

*I Balconies.*

**F**irst measure the length of your *Balcony* that is, what Room there is, each side the Doors, and if the breadth of your *Balcony* will allow of boxes, measure 'em out also, make your boxes 18 Inches deep; let the Corners be fastned with Iron plates, to preserve 'em from Warping, or Opening, with Iron handles at each end, to remove them upon occasion: Which done, paint 'em as you please, and lay them in Oyl, and clap your Mold therein. Now, as for the Iron-work of your *Balcony*, over which you lean, it may be set off with fine Gilded pots 2 foot distance; in the middle let there be an Image fix'd, and at each end 2 larger pots, with Lawrel, Juniper or striped *Phillera*. In the Boxes next your *Balcony* doors, plant on each side a *Cherry tree*, or 2 *Dwarfs*, one to ripen in *May*, and the other in *June*; and let the other Vacancies be supplied with *Germander*, *Periwinkle* gilded and plain, *Gilliflowers* 2 pots, the best; and two boxes of *Roses* set opposite to each other; And to compleat the whole, if you can any ways contrive over your *Balcony* doors to set a Creeper, &c. it will not only beautify the Frontispiece of the House, but be very delightful and pleasant to your Chamber-Windows.

*Of Turrets, or Leads.*

Your *Turrets* must be measur'd out as your *Balcony*, and at a Convenient Corner for Air and protect fix your *Arbour*. In the middle of your *Leads* fix an Image *Sun-Dial*, or large *Tree*. Boxes of 5 Foot length will be long enough, and 2 Foot high; between each box set a Gilded pot; and at the Corners set there

here stand Dwarfs ; then fix your battlements with Summer and Winter-greens as you please, as *Venusushion*, *Green-Lavender*, *Lavender-Spike*, *Stock-Gilliflowers*, *Tulips*, *Violets*, *Sweet Williams*, *Crocus's*, *Sweet Johns*, *Flower de-Luce*, *Cowslips*, *Auricula's*, &c.

*Of Sash Windows.*

Send for your Smith, and let him make Iron-work to hold as many pots as you think fit ; and put therein nothing but *Winter-Greens*, as either *Laurus*, *Timus*, *Sarcocanthus*, *Everlasting Thorn*, *Mezerion*, *Boxes*, &c. In the Summer you may set *Mint*, *Bawm*, &c. *Cowslips*, *Primroses*, &c. if you please, put those Greens before-mentioned are best for Windows.

Notwithstanding all these Directions I have laid down, yet if your Gardens &c. are not duely watered it is all Labour in Vain ; To prevent which, take these few Observations, viz.

When you have a foresight of drowth, begin to water before the Earth is too dry ; but for plants use not well-water, for it is so straitned through the Earth, rather barren Sands or Rocks, and for want of the sun so chill and cold, that having no nourishment, rather the contrary, doth more hurt than good ; Rivers that run quick and long on sharp gravel are little better, but if you are forced to use such, let it stand some time in Tubs in the Sun, mixed with Dung. Let the quantity and quality of the Dung mixed with the Water, be according to the nature of your plants ; if your plants be great growers and require heat, then put Horse dung in your Water : If your water be bad then put Dung into it to help it ; let it stand in the sun and open Air uncovered : If your plants be fine and tender, then put Sheep or Cows dung. Deer or Asses dung into the Water, the worse the ground and more barren, besure to put in the more dung. Take care you water no plants with standing stinking Ditch-water, nor no water that stinketh ; for sweet water, not too clear, and fresh Mold (not musty or tainted

by sinking Weeds) is as proper for tender Plants, as sweet and good Food, warm and clean Lodging, for tender and fine bred Persons.

Rain-water is very good if not too long kept, but if your Vessel be large, the oftner you stir it the longer it will keep sweet.

Large and Navigable Rivers, that receive much Soil by washing Streets, and the many sinks that run into it and which, by its motion, doth cleanse it self from that which is Noxious, both to Man and Plants, is an excellent water for all sorts of Plants.

The larger the Ponds be, the better the water is for Plants, the opener to the Sun the better, the more motion they have by Horses washing in them, or Geese and Ducks swimming; 'tis so much the better.

Water all Seeds with the smallest or Rain-like drops you can, and not too much at a time, nor too fiercely, lest you discover them.

For flowers and Plants whose leaves lye on the Ground, water them at some distance, by making a hollow Circle about the Plant, and pouring Water into it, by which means you avoid anoying the leaves, by discolouring Water, or chilling the Roots by too sudden Coldness.

In Summer-time, or all warm Seasons, the Evening is best for Watering, because the Water will have time to sink in the Earth, and the Plant attract it, before the Sun's heat exhales it: But in Winter or cold Weather, the Morning is the most proper time, that the superfluous moisture may be evaporated ere the cold Night overtake you, and Chill, perhaps kill a tender Plant.

A drooping Plant, that you think Water will preserve, may be watered by Filtration, i. e. set an earthen or wooden Vessel on a Brick, full of water, near your Plant, that all the Water may be higher than the Earth, wet a thick woollen List, put one end with a Stone or bit of lead into the Water, that it may keep to the bottom; lay the other end on the Ground, near the

the Root of the Plant, and the Water will distil  
out of the Bowl or Pot through the List.

*Monthly Observations for January.*

AY bare the Roots of your Fruit-trees, and  
if the Weather be open, lay well digested  
muck to them; transplant young Trees, prune the  
st, and nail up your Wall-fruit; cut your Vines  
close, cleanse your Trees of Moss, by singeing it  
with handfuls of bolting Wheat or Rye Straw  
held flaming to the Boughs, first gathering your  
shoots for Grafts; turn over your before-mucked  
ground in your Kitchen-garden, also your heaps  
of mixed Earth and Cow-dung for your Flower-  
garden: Set Beans and Pease in open Weather to  
come early; sow Lettuce, Radish, Chervil, Spinage,  
and other Salading-plants in hot Beds.

Preserve your best Gilliflowers and Auricula's  
from too much Wet or Snow, by laying down  
the Pots they are planted in; or if in Beds, by  
supported Coverings, at a Foot or more distance,  
and what Ranunculus or Anemonies are appear-  
ing; but give them Airings in suitable Weather,  
as often as you can, by taking off their Coverings,  
and when Sun sets, on with them again. Keep  
your Conservatory close, where the Greens and  
Ice Plants are housed: If it freeze very hard,  
put some clear lighted Charcoal in the middle of  
the Room, a little let into the Ground; and if  
the Sun shine clear on the Windows or Doors  
thereof, open them to let in its Noon Beams, but  
be sure to shut them close again as soon as he de-  
parts the Door.



*Monthly Observations for February.*

Cover the Roots of your Fruit Trees that were before bare, and yet plant those Trees you could not the last Month ; and still be cleansing Trees from Moss, and the Webs of Caterpillars from the tops of Twigs. Begin to graft Apples, Pears, Plumbs, Cherries, &c.

Sow and set Beans, Pease, Asparagus, Radishes, Parsnips, Carrots, Onions, Garlick. Plant Cabbage plants, Potatoes, Parsley, Spinage, and other Pot-herbs. Transplant your Winter-Colliflowers to have early into a rich Soil. Now you may be making hot Beds to sow your Musk-mellon-seeds and Cucumbers, at the Full Moon in this Month, which must first be steeped in new Cows-milk 24 Hours, then place 3 in a hole ; when they peep, which will be in 7 Days, let in the Sun-shine, or clear Air, but cover them again at Night. Still keep close your Conservatory.

Sow *Auricula*-seeds into Mallow Earth, and so the same but one thick ; place best *Auricula* Pots in the Sun : Secure your choice Flowers Beds with Tiles, if they appear above Ground, and plant some *Anemonies*, the Weather open, later Flowers ; place your Boxes sown with choice Seed, free from sharp Winds, and secured from too much Wet.

*Monthly Observations for March.*

Bestir your self now in grafting ; and early in good Plum stocks, graft *Apricocks*, *Nectarines*, and *Peaches* ; many may miss, but never all yet will come : Raise up Pots of Earth to convenient Branches, which degg down therein, first sitting under side where you lay them, they shall by Order following, being frequently water'd, put forth.

Knobs or Roots, and both grow when cut off, and well set in rich Earth; and one Tree so taking, worth ten others, because each Sprout or Shoot from the Root is the same kind, when those of Inoculated or Grafted, are only the Plumbs Grafted or Inoculated. Stake and bind up weak Shrubs and Plants, slip and set Sage, Rosemary, Lavender, Thyme, (except Mastick, being too early;) sow Endive, Succory, Leeks; Radish, Beets, Parsnips, Skirrets, Parsley, Sorrel, Bugloss, Burrage, Chervils, &c. sow Lettuce, Onions, Garlick, Purslain, Turnips, Cabbage, Carrots, Cabbages, Cresses, Fennel, Marjoram, &c. Transplant Medicinal Plants, string your Strawberry-Beds; cover your Musk-mellon Plants on your hot Beds with Beer-glasses till you remove 'em. Sow *Auricula*-seeds as directed at Michaelmas; so Sweet-Williams, Wall-Flower, Stock-July-Flowers, Venus Looking-glass, Candy Tuffs, French Honey-suckles, Primrose and Cowslip-seeds, Lark-Spurs, Rose-majons, Lichnis, Campanula, Indian Scabious, &c. so Pinks, or rather July-flower-seeds; on your hot-beds sow *Flora Africanus*, or French Marigolds, Maranths, *Nasturtium Indicum*, or Indian Cresset, Marvel of the World, &c. Transplant July-flowers, *Auriculae*, if occasion, and all other Fibrous rooted Plants; new earthing up your unremoved July-Flowers, *Auriculae*, &c.

Monthly Observations for April.

In this Month you may sow Scurvygrass, Carnations, Radish, Marjoram, Thyme, Winter-Savoury, Purslain, Marigolds, Hyssop, and Lettuce: You may also set slips of Rosemary, Lavender, Thyme, Aris-araks, &c. Remove your tender Shrubs, and slip them after gentle Showers; and also set French-Beans.

Fix Tiltings over your choicest *Tulips*. Open the Doors and Windows of your Green House and use the Inhabitants to the Air. Shelter your Seedling *Auriculae* from the excessive heat of the Sun, and continue Hot-beds for *Exoticks*, and move them into them, till the Earth is warm enough to preserve them abroad.

*Monthly Observations for May.*

Begin to Inoculate in this Month, according as you find the Buds ready, which take off the middle of your *Sprouts*. Fetch out your Greens and transplant them into Boxes fill'd with good Earth, mixed with one part of rotten Cow-dung, putting Sticks, Brick bats, Rubbish, and Shells, make the Earth lye light, and so make a hole for the Water at the bottom; then set your Plants therein, but not deep, Water 'em, and set 'em in the Sun. Gather Seeds of *Anemonies*, as the Dew rises, or you will lose it by the Wind; sow Herbs and Aromatick Herbs, and in the full Moon plant *Stock-July-Flowers* in Beds; and still keep Weeding your Gardens, &c.

*Monthly Observations for June.*

Water new planted Trees, and put rotten Feathers about their Steins. Inoculate Apples, Pears, and Wall Fruit, &c. Lop off needless Branches from your Vines, and stop the Joint. Gather Herbs in the full of the Moon; and sow *Radi-  
Lettuce*, *Chervil*, &c. Lay *July-Flowers*, which will Root in six Weeks, and what are now blown, a good sort, keep for Seed, allowing them but few Layers to give Nourishment to, and but few Buds you will find the Seed-pod to be filled with a fairer Seed. Take up *Anemonies*, *Ranunculus*, keep them from Moulding.

*Mon*

*Monthly Observations for July.*

Prune *Apricocks* and *Peaches*; leaving the most likely Shoots well placed. Water young planted Trees and Layers; let *Olitory Herbs* run to Seed.

Clip Box out of Order, after Rain: Slip Stocks, Plants and Flowers; Lay *Myrtles*, *Jasmines*, and other Greens. At the end of this Month, sift your Beds of Off-sets of *Tulips*, and for *Anemones*, *Ranunculus*, &c. Sow *Anemony-Seeds* in fine sifted rich Earth, in Beds or Boxes.

*Monthly Observations for August.*

Prune off superfluous Branches and Shoots of the second Spring. Pluck up Suckets. Inoculate early, if at all, in this Month. Sow *Colliflowers* and *Cabbages* for Winter-plants. Sow *Corn-sallet*, *Marigolds*, *Lettuce*, *Carrots*, *Parsnips*, *Spinage*, *Onions*, curled *Endive*, *Angelica*, *Scurvigrafs*, *Larksheel*, *Columbines*, *Iron-colour'd Foxgloves*, *Holihocks*, and such Plants as endure Winter. Transplant such *Lettuce* you would have abide all Winter, pull up Ripe *Onions*, *Garlick*, &c. gather *Olitory-seeds*; clip such Herbs before the Full Moon, and standful high. Sow *Purslain*, *Chervil*, &c. Make *Summer-Cyder* and *Perry*. Gather Seeds of Shrubs being Ripe.

Take Bulb Roots of *Lillies*, &c. *Bartholomew-side*, the only secure Season for removing and laying *Piennial Greens*, *Oranges*, *Lemons*, *Miracles*, *Philareas*, *Oleanders*, *Jasmine*, *Arbutus*, and other rare Shrubs, as *Pomegranates*, *Roses*, and all that is obnoxious to Frost, taking the Shoots and Branches of the last Spring, and pegging them down with a Hook Stick, in very rich Earth and soil, perfectly consumed; Water them on all Occasions in Summer; by this time Twelve-month

they will be ready to remove into good Earth in the Shade, and kept moderately moist : Three Weeks past, set them in some more airy place but not in the Sun till Fifteen Days more. Now put new Earth in your Pots of *Auriculaes*, transplant and divide their Roots into a light and rich Earth : Also your *Primroses* and *Oxlips* : Also your *Campions*, or *Lichnis Calceidonicæ*. Transplant Seedling *Anemonies* : Set *Colchicums*, *Spiderworts*, *Fritillaries*, &c.

*Monthly Observations for September.*

Gather your ripe Winter-fruit before the weather is too hard. You may yet sow *Lettuce*, *Radi- ches*, *Spinage*, &c. and Winter-herbs. Transplant the last part of Eating, and Physical Herbs, *Artichokes*, and *Asparagus* Roots, *Strawberries*, &c.

As the Weather directs, about *Michaelmas*, in a fair Weather, be sure avoid a foggy Day, remove your choice Greens, and rarest Plants (being dry) into the Conservatory ; as *Oranges*, *Lemons*, *Indians*, and *Spanish Jasmines*, *Oleanders*, *Barbadoes*, *Amomum Plinii*, *Cissus Lunatus*, *Chamaelea Tricoccos*, *Cistus Ledan Clusii*, *Dates*, *Aloes*, *Sedums*, &c. ordering them with fresh Mould, as taught in *May*, to nourish them all the Winter, leaving as yet the Doors and Windows open, giving as much Air, so the Wind is not sharp nor the Weather foggy, till the Weather's more cold and sharper ; and as that increases, the more enclose them, till wholly shut up, as the Weather gives occasion : *Mirtles* will endure abroad near a Month longer.

The Cold coming on, set such Plants as will not endure the House into the Earth, the Pots two or three Inches lower than the surface of the Earth.



Earth, under a Southern Exposure, covering 'em with Glasses, cloathed with sweet and dry Moss; but upon all fair Days, and in Sunny and sweet Showers; take them off. Thus preserve your *Mar m Siriacum*, *Cistus*, *Geranicum*, *Noëte oleus*, *Flos Cardinalis*, *Maracoes*, seedling *Arburus*, choice *Ranunculus* and *Anemonies*, and thus covering 'em till April. Plant *Tulips*, and all bulbous Roots, but your choice of each defer till the latter end of next Month. Sow *Auriculaes*, *Crocus*, *Primrose*, and *Cowslip seeds*, *Frittery*, and *Tulip-seeds*, &c.

*Monthly Observations for October.*

Now is the time for setting Fruit-stores; which if the Fruit be soon Ripe, keep them in Sand till now: Set them three Inches deep, the sharp end uppermost, and cover them with Fern or Straw, to keep them warm in the Winter; but at the Spring take it off. Trench Ground for both: Plant or Transplant all sorts of Fruit-trees, having lost their Leaves: Wall-trees above a Years Grafting: Lay bare the Roots of old unthriving, or over-hasty blooming Trees, their Fruit dry, the Moon decreasing.

Remove your best and nicest *Ju'y flowers* to shelter from much Rain or Wet, and where Snow may not be apt to fall on them, and brush it off gently, when fallen on those that are not capable of shelter. And this Month trim them up with fresh Mould.

Set your choice *Tulips*: You may now also sow their Seeds.

Plant some *Anemonies* and *Ranunculus* in prepared Earth, as directed in the *Vade Mecum*: But they must be covered, when they appear from the Frosts, that will otherwise kill them all:

176 The Lady's Diversion, &c.

all: Therefore, set not your best till the Month of December.

*Monthly Observations for November.*

Trench and fit Ground for *Artichokes*, and plant Trees for Standards and Walls. Also lay in your Cellars *Carrots*, *Turnips*, *Parsnips*, *Cabbages*, and *Colliflowers*, for Seed, to be transplanted in the Spring.

Furnish your Nursery with Stocks for Grafting, and turn up your Melon ground, mixing with it your richest Earth, and lay it in Ridges in the Spring.

If the Weather require it, enclose your tender Plants, and *Perennial Greens*, Shrubs, &c. in your Conservatory, stopping all entrance of Cold, especially sharp Winds.

Give not your *Sedums*, or *Aloes*, one drop of Water all the Winter. Sow *Aricula-seeds*, and cover peeping *Ranunculus*, &c. Likewise plant Fibrous Roots, as *Lilax*, *Syringæes*, *Peonies*, *Athea frutex*, and *Roses*: If the Plants are very Dry, and it does not Freeze, refresh them sparingly, with Water mingled with Cow or Sheep Dung.

*Monthly Observations for December.*

Prune Standard Trees, and prune and cut Wall Fruit. Trench Ground, and Dung it for Borders, planting Fruit-Trees. Plant *Vines* and Stocks for Grafting; and set early *Pease* and *Beans*.

Now keep your Garden-house well secured against Cold; and preserve *Anemonies*, *Ranunculus*, and best *July flowers*, from great Rain, sharp Winds and Frost.

# The Table to the Art of Preserving, Conseruing and Candyng.

<b>A</b>		Currans preserved	9
<b>ALMOND</b> Butter	5	Conserve of Quinces	12
Almond Milk	7	Conserve of Rosemary	13
Apricocks preserv'd	ibid	Cherries to dry	14
Aqua Mirabilis	8	Conserve of Damsons	16
Angelets to make	10	Conserve to strengthen the	
Angelicall water	14	Back	20
Angelica Roots preserved	17	Conserve of Burrage-flowers	23
Aqua Composita	20	Conserve of Pruans	24
Artificial Malmsey	21	Chrystal Jelly	ibid
Artificial Claret	ibid	Conserve tarts for all the Year	
Apricock Cakes	23		26
Artichoaks preserved	28	Cordial of Vertue	32
Almond caudle	34	Comfortable Syrup	34
Artichoaks to pickle	44	Cherries to candy	ibid
Artichok-bottoms to pickle	53	Clove gilly-flowers to pickle	35
<b>B</b>		Cinamon-sugar	46
Barley Water	19	Cream of Apricocks	37
Balm-water	20	Cullice to make	ibid
Broom buds pickled	ibid	Cucumbers Green	38
Dr. Burges's Plague-water	22	Cakes of Lemons	ibid
Burrage-flowers to candy	23	Capon-water	39
Bisket-cakes to make	25	China-broth	40
Banbury-cakes	28	Cream of Codlings	41
Barberries candied	37	Cream tart	ibid
Barberries preserved	ibid	Cock ale to make	43
Bragget to make	55	Carraway-cake	ibid
<b>C</b>		Cordial-water of Clove. gilly-	
Conserve of Barberries	3	flowers	44
Conserve of Roses	ibid	Chips of Quinces	47
Cinamon water	ibid	Conserve of Bugloss-flowers	48
Cherries preserved	4	Comfits to make	50
Conserve of Oranges	4	Currau-wine to make	52
Cucumbers to pickle	6	Conserve of Sage	ibid
Cream of Quinces	ibid	Cornelians to pickle	54
Cherry-wine	8		D

# The Table.

**D**

Dr. Deodate's Drink for the  
Scurvy 19

Damask water 30

**E**

Excellent Broth 9

Excellent Hypocras 21

**F**

French-beans to pickle 7

French-bisket to make 16

Flomery-caudie 46

Fruits preserved all the Year  
ibid

**G**

Grapes to preserve 8

Gooseberry-cakes 9

Gooseberries preserved 17

Ginger-bread to make 29

Gooseberry paste 48

Ginger to candy 52

**H**

Hypocras to make 5

Honey of Roses 12

Hydras to make 45

Honey of Mulberries 49

Honey of Raisins ibid

**I, J.**

Jelley of Hartshorn 10

Italian Bisket to make 15

Jelley of Strawberries 24

Imperial water 31

Jumbals to make 32

Jelly of Apples 54

Jelly of Gooseberries ibid

**K**

King William's Perfume 13

King Edward's Perfume ibid

**L**

Late Queen's Perfume 13

Leach to make 30

Leach Lombard 30

Leach of Almonds 30

Lozenges of Roses 42

Lemon and Orange peel pick 42

led 42

**M**

Mackroons to make 42

March panes to make 42

M. r. nalade of Quinces 42

M. r. nalade of Lemons and 42

Oranges 14, 52

Metheglin brown 14

Miscadine Comfits 21

Manus Christi ibid

Musk balls to make 30

Marigolds to candy 30

Mathiolus Bezoar's water 42

Marmalade of Currans 42

Mead to make ibid

Mint water 42

Marmalade of Cherries 42

Medlars to p eserve 42

Musk-sugar to make 42

**N**

Naple-bisket to make 42

**O**

Oranges to preserve 42

Oyl of Violets ibid

Oyl of Sweet almonds 14

Oranges and Lemons can 14

died 14

Oranges preserved after 14

Portugal Fashion ibid

Oranges to bake 14

Orange-water 30

**P**

Pear plumbs to preserve 42

Purflain to pickle 42

Pom...

# The Table.

3	Pomatum to make	11	Sugar-plates to make	16
3	Quamander to make	16	Syrup of Maiden hair	13
3	Peaches to preserve	17	Syrup of Liquorish	ibid
4	Pippins to dry	26	Syrup of Quinces	17
pic	Paste of Genua	ibid	Syrup of Hartshorn	18
4	Paste of Quinces	29	Syrup of Cinamon	ibid
	Pome-citron preserved	35	Spirit of Ambergrease	22
	Paste of tender Plumbs	40	Syrup of Citron-peels	18
	Peppy water to make	41	Syrup of Hysop	22
	Plague-water to make	50	Sweet-cakes without Sugar	27
an	Paste of Cherries	53	Spirit of Honey	28
5	Paste of Apricocks	ibid	Syrup for the Lungs	ibid
1	Q		Sweet bags for Linnen	27
2	Quince-cakes	3	Sugar Leach	31
ibid	Quinces preserved white	14	Spirit of Roses	32
3	Quinces preserved red	6	Syrup of Elder	32
3	Quidany of Cherries	14	Syrup for short Wind	36
er	Quidany of Quinces	27	Surfeit-water	33, 44
4	Quince cakes thin	29	Syrup comfortable	34
ibid	Quince cream	37	Syrup of Roses	33
4	Quinces to pickle	50	Syrup of Sugar-candy	ibid
4	Quince-cakes clear	ibid	Syrup against Scurvy	33
	R		Suckets of Walnuts	23, 35
4	Raspices preserved	4	Syrup of Saffron	ibid
	Rosemary-water	11	Spots and Stains out of	
4	Raspberry wine	21	Cloathes	38
	Rose Vinegar	39	Sugar cakes	ibid
	Raspberry cream	45	Syrup of Vinegar	39
ibid	Roses preserved whole	49	Syrup of Apples	ibid
1	S		Sugar of Roses	41
can	Syn.bals to make	5	Sylabub to make	42
1	Syrup of Violets	ibid	Steppony	43
er	Dr. Stephen's Water	8	Syder to make	ibid
ibid	Syrup of Clove-gilly flowers	5	Strawberry-wine	ibid
1	Syrup of Wormwood	11	Snow-cream	45
3	Syrup of Poppies	12	Suckets of Lettuce-stalks	43
	Syrup of Lemons	ibid	Syrup of Purslain	49
e	Syrup of Cowslips	14	Syrup of Mint	ibid
Pom	Spirit of Wine	12	Sweet-meat of Apples	52
			T	



## The Table.

<b>T</b>		Water against Fits of the Mo	
Trifle to make	36	ther	
Treacle-water	18	Walnut-water	
<b>V, U</b>		Water for a Consumption	
Verjuice to make	31	Wormwood-wine	
Usquebaugh to make	15	Wormwood-water	
<b>W</b>		Wash-balls to make	
Wafers to make	8	Wipt-syllabub	
		White Mead	

## The Table to Physick and Chyrurgery, Beautifying Waters, &c

<b>A</b>		Catholicon	
<b>A</b> CH or Pain	56	Consumption to help	
Agues to cure	ibid	Children to go to Stool	
Agues in Children	58	Cancer in the Breast	
Agues in the Breast	68	Care of the Infant	
Alow-water	71	Chilblains to take away	
<b>B</b>		Cloven Nails to help	
Black Jaundice	57	Colour'd Silks to wash	
Bite of a mad Dog	60	<b>D</b>	
Bloody-flux to cure	67	<b>D</b> AFFY's Elixir Salu	
Bleeding at the Nose	68	to make right	
Beautifying the Face	81	Dry Cough to help	
Breath to sweeten	86	Deafness to cure	
Beautifying water	88	Dropsy to help	
Body to cleanse	94	Dr. Tench's Zulep for Fits	
Breasts to make small	ibid	of the Mother	
Bath for Ladies	94	Dr. Willoughby's Aqua	
Body to make Fat	ibid	Mirabilis	
Belts to Embroider	97	Drink that healeth all wounds	
Black Sarsnars to wash	ibid	Directions for Nurses	
<b>C</b>		Dentifrice for the Teeth	
Cramp to cure	58	<b>E</b>	
Countess of Kent's powder	ibid	Eye-water to make	
Cancer to cure	60	Excellent wash	
Conception to procure	62		

Excellent

# The Table.

Excellent beautifiers	93	Itch to cure	ibid
F		Infants troubled with wind	
Fevers in Children	57	and Phlegm	79
falling-sickness to help	59	Itch or breakings out	60, 73
fits of the Mother	65	Ink-spots in Linnen	96
fistula to heal	ibid	K	
fellon to kill	68	King's-Eyil to cure	60
flowers to bring down	72	L	
flowers to stay	73	Looseness to stop	62
falling off of Hair	81	Lac virginis to make	82
face to make fair	ibid	Lips chopt help	87
freckles to take away	83	Lawns to starch	95
for nails that fall off.	90	M	
for cloven nails	ibid	Medicine for the back	57
face to make youthful	92	medicine for aches	56
face to make ruddy,	ibid	miscarrying to prevent	59
face to clear	ibid	medicine for agues	57, 58, 61
G		medicina to teeth easy	66
Gout to cure	56	megrin in the head	62
Gripping of the Guts	ibid	my Lord Denies medicine	
Green sickness to cure	60	for the Gout	70
Green Oyntment	65	Morphew to cleanse	84
Gascoign Powder	68	N	
Gold-lace to clean	95	Nails to make grow	90
H		O	
Help for blasting	66	Oyl of Roses to make	73
Hair to make fair	80	Oyl of St. John's wort	75
Hair to make grow	ibid	Oyl of fennel	ibid
Hair to take away	81	Oyntment for an inflamed	
Holes or pits to clear	83	face	84
Hear in the face	84	Oyntment to take away spots	
Hands to whiten	90	of the small-pox.	91
Heat in the hands	ibid	Oyntment for beautifying the	
Hair to curl	93	face	33
Hair to make black	93	Oyntment to illustrate the	
Hair to increase	ibid	face	ibid
I. J.		P	
Infection of plague	58	Piles to destroy	59
Imposthume to break	60	Plague-water to make	64
		I	Pain

# The Table.

<b>Pain in the Ears</b>	69	<b>Skin to smooth</b>	ibid
<b>Piles after child-birth</b>	73	<b>apots in the face to take away</b>	85
<b>Powder for the Greensickness</b>	74	<b>stinking breath to help</b>	88, 86
		<b>Stink of the Nostrils</b>	89
<b>Pricking of a Thorn</b>	ibid	<b>Stench of Armholes</b>	91
<b>Pimples in the face</b>	33	<b>Spots after small-pox</b>	91
<b>Pomatum for the skin</b>	85	<b>Scars in the face</b>	92
<b>Pock-holes to take out</b>	88	<b>Silver plate to cleanse</b>	95
<b>Pimples to take away</b>	84	<b>Silk-stockings to wash</b>	96
<b>Point and Lace to clean</b>	96	<b>Spots of grease out of silk stuff</b>	
<b>Points to wash</b>	38	or cloth	ibid
		<b>Stains in Linnen, &amp;c.</b>	ibid
<b>R</b>		<b>Sarsnet to wash</b>	97
<b>Remedy for sore-eyes</b>	61		
<b>Rickets in children</b>	65	<b>T</b>	
<b>Rheumatick cough</b>	67	<b>To make a Woman soon be</b>	
<b>Red flux to help</b>	68	delivered, the Child being	
<b>Redness of the face after the</b>		dead or alive	65
small-pox	83	<b>Tympany to cure</b>	67
<b>Red face to prevent</b>	84	<b>Terms to provoke</b>	ibid
<b>Ring-worm in the face</b>	93	<b>To stanch bleeding</b>	68
<b>Red-face to cure</b>	94	<b>Tertian Ague to cure</b>	74
		<b>Tylick to prevent</b>	75
<b>S</b>		<b>Teeth to make white</b>	86, 87
<b>Stone and Gravel</b>	56		
<b>Scurvy drink</b>	ibid	<b>U</b>	
<b>Scianica to cure</b>	57	<b>Unguentum Album</b>	59
<b>Sprain in the back</b>	61	<b>W</b>	
<b>Scurvy to cure</b>	62	<b>Worms in children</b>	49
<b>Sore breast not broken and</b>		<b>Whites to cure</b>	ibid
when broken	63	<b>Wens to cure</b>	63
<b>Scald head to heal</b>	64	<b>Wind to prevent</b>	64
<b>Shingles to cure</b>	65	<b>Women in travail</b>	65
<b>Spissing of blood</b>	68	<b>White-flux to cure</b>	68
<b>Swooning fits to help</b>	71	<b>Water for the eyes</b>	69
<b>Scabs after small-pox</b>	72	<b>Web in the eye</b>	ibid
<b>Stitch in the side</b>	73	<b>What is to be given the child</b>	
<b>Spleen to help</b>	74	for the first thing it tak-	
<b>Skin to cleanse</b>	81	eth	78
<b>Sun-burn to take away</b>	82	<b>Waters for the face</b>	81
<b>Skin to whiten</b>	62, 85	<b>Wash-balls to make</b>	87

# The Table.

Warts to take away	91	Wrinkles of the face	94
Water to whiten the skin and		Y	
take Sun burn away	92	Yellow Jaundice	91

## The Table to the Compleat Cook's Guide.

<b>A</b>			
'Rtichoak's fry'd	107	Clouted cream	126
Apple-pyes fry'd	119	Citron Puddings	128
A made dish of apples	126	Cows Udder Roasted	131
Almond water	135	Codling-tart	132
Almond pudding	136	Cherry tart	132
Asparagus to keep	106	Carp Pye	135
Almond tart	137	Chicken pye	ibid
		Calves head bak'd	138
<b>B</b>		Cocks or Larks	142
Bisket bread to make	100	Chucks of Veal bak'd	146
Black puddings	ibid		
Barley broth to make	112	<b>D</b>	
Beef stewed	120	Dish of Marrow	101
Baked Puddings	123	Damson tart	110
Brayn made tender	126	Dutch pudding	112
Bird's stewed the Lady But-		Double-tarts	144
ler's way	140		
Breams to stew	150	<b>E</b>	
Butter to draw	152	Eels to souce	109
		Eggs butter'd on roasts	111
<b>C</b>		Eels boyl'd	121
Cheese-cakes to make	92	Eel-pye to make	130
Carbanado Mutton	100	Eels to roast	141
Carbanado Hens	106	English pottage	143
Cream of Eggs	108		
Collops of beef stewed	110	<b>F</b>	
Capon boyl'd	113	Furmetry to make	102
Carp to stew	114	fricacy of Veal	105
Calves feet to roast	119	fine pudding in dish	108
Chine of beef powdered	121	fricacy of chickens	111
Cods-head dressed	122	florentine to make	114
Capon boyl'd with asparagus	124	fresh-cheese	116
		fine Custard	118
Capon boyl'd with sage, par-		fry'd Pudding	123
sley.	ibid	fool to make	129
			<b>Flour</b>

# The Table.

flounders to boyl	ibid
fresh surgeon to roast	135
fricary of Rabits	136
fennel-sallet	149
fare'd Veal	151
flowers stew'd	199

## G

Gooseberry fool	105
Grand-sallad	113
Gamon of bacon	128
Gurnet boyl'd	155
Gooseberry-custard	139

## H

Herring-pye	100
Hedg-hog-pudding	107
Higgess-pudding	108
Hash of capon	121
Hotch-pot to make	138
Hare to roast	147
Hash of Ducks	150

## I

Italian Pudding	130
Junket to make	140

## L

Lamb-pye to make	93
Limon candle	140
Leg of Lamb stewed	107

## M

Mince-pye of Eggs	98
Minc'd pyes to make	133
Marrow spinage pasties	140
Marrow Puddings	115
Mallard to stew	146
Mullet to boyl	150

## N

Neets-foot Pye	102
Neats-tongue and Udder	
dress'd	127

## O

Orangado Pye	102
Oysters to barrel	137
Oysters to pickle	142
Oysters to broyl	ibid

## P

Pheasant to stew	100
Pork-pye	105
Puff paste to make	112
Pig to bake	ibid
Paste for tarts	123
Pig to souce	126
Pear-pye to make	130
Pippin-tart	132
Pear-puddings	138
Pancakes	139
Pig bak'd court fashion	144
Pidgeon pye to make	146
Pottage of-a capon	148
Pippin pye to make	ibid
Pudding of Rice	151
Polonian sausages	126

## Q

Quince Pye	105
Quaking Pudding	125

## R

Rice Pudding	199
Rabit roasted with oysters	110
Rabits bak'd to eat cold	118
Rice tart to make	132
Rare frycacy	136
Roast beef Pickled	143
Rabit stewed	146
Rare broth	147

## S

Spanish Olio	101
Scollops boyl'd	108
Salmon to boyl	111

Sack



## The Table.

Sack-posset to make	115	Trout to stew	131
Sausages to make	120	V	
Salmon to keep fresh	126	Venison pasty	109
Sauce for Pidgeons	131	Umble Pye to make	122
Sausages stew'd	136	W	
Sweet breads baked	147	Widgeons to boyl	122
Sauce for Mutton	153	Woodcocks boyled	128
Sauce for Turkies	ibid	Water gruel to make	196
Salmon fry'd	154	White-pot	117
T			
Turkish dish	121		

---

Books Printed and Sold by B. Harris, at  
the Golden Boar's-head in Grace-church-  
street.

**E** NGLISH Liberties : Or, the Freeborn Subjects Inheritance. 1. *Magna Charta*, the Petition of Right ; the *Habeas Corpus* Act. Proceedings of Appeals of Murther ; the Power of Parliaments. Qualifications necessary for such as should be Chosen to that great Trust. Advantages English-men Enjoy by Trials by Juries ; that they are Judges by Law as well as Fact ; and are not Fineable, nor to be punish'd for going contrary to the Judges Directions. 2. Of Justices of the Peace, their Oath, Office and Power, in many Respects ; with several *Law-Cases* Alphabetically Digested for Ease and Brevity, and Warrants proper thereto, placed exactly after each particular Case ; Concluding with a Discourse of the Succession of the Crown ; Sitting of Parliaments, Trials of Treason. As also Directions for Drovers, Badgers, Butchers, Toll keepers, and Clerks of the Market, &c. 3. The Coroner and Constable's Duty, relating to Dead Bodies,

The Universal Jester : Or, a Compleat Book of Jests, containing a pleasant variety of *English* Jests, *Irish* Jests, *Oxford* Jests, *Cambridge* Jests, Coffee house Jests, Novels, Bulls, Stories, Jokes and Puns &c. To which is added Hell in an Uproar or a Scuffle between the Lawyers and Physicians for Superiority. A Satyr. Price 1 s.

A banquet for Gentlemen and Ladies, consisting of Nine Comick and Tragick Novels, viz. The Treacherous Friend ; the Jealous Husbands ; the Friendly Cheat ; Jealousy without a Cause ; the Cuckold turn'd Confessor ; the Prodigal Peccator ; and Margarets Repentance ; the Unfortunate Lovers ; the Cruel Mother ; and the Bacchanals. Intermix'd with several Pleasant and Delightful Tales and Stories. The Second Impression. Price 1 s.

WHereas many Persons (especially Children) besides those who use the Sea, are troubled and perplexed with unwholesom Vermin : This is to give Notice, that a never-failing Oyntment, of a very pleasant and wholesom Smell, which will at once on twice using, Kill and Destroy all Lice in the Head, Neck, and other parts of the Body. Price 6 d. the Gally-pot, with Directions. Sold by Benj. Harris, at the Golden Boar's-Head in *Grace-church-street*.

---

F I N I S.